

ARE YOU SLEEPING?

This quiz could improve your zzzzzzzz.

Check the box for any of these that apply to you.

- ☐ I am told that I snore loudly.
- ☐ I am told that I stop breathing while I sleep.
- ☐ I am tired during waking hours almost daily.
- ☐ I sweat excessively while I sleep.
- ☐ I am told that I am restless while sleeping.
- ☐ I often awake with headaches and dry mouth.
- ☐ I have high blood pressure.
- ☐ I am told that I am irritable to friends and family.
- ☐ I feel sleepy during waking hours, have difficulty staying alert and fight sleepiness often.
- ☐ I have fallen asleep while driving or in social settings.
- ☐ I am told that I kick or jerk while sleeping.
- ☐ I experience leg pain or muscle cramping while sleeping.
- ☐ I am told I experience unusual behavior while sleeping (i.e., nightmares, night terrors, sleep eating).
- ☐ I notice my child breathes noisily.

How many boxes did you check? _____

If you checked any of the boxes on this sleep quiz, be sure to share your responses with your JWM neurologist right away.

Turn this card over for more information.

Common sleep disorders

Insomnia

Insomnia causes you to have trouble falling or staying asleep.

Sleep Apnea

Sleep apnea causes you to stop breathing while you sleep, and is life threatening. It can occur several times while you sleep.

Hypersomnia

Hypersomnia causes you to have excessive sleepiness. Sleep periods may be excessively deep or prolonged, and difficulty in awakening may be noticed.

Narcolepsy

Narcolepsy causes you to fall asleep during waking hours. This can occur while driving, at work or in a social situation.

Restless Legs Syndrome

Restless Legs Syndrome (RLS) causes discomfort in your legs. This feeling is similar to a crawling or tingling pain and can occur while trying to fall asleep.



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