



Sleep Disorder Self-Assessment

See if you could be affected by a sleep disorder. If you feel you may be affected by a sleep disorder, be sure to contact your doctor.

Answer yes or no to the following questions:

Section 1

1. I have difficulty falling asleep.
2. Thoughts race through my mind, preventing me from sleeping.
3. I feel afraid to go to sleep.
4. I wake up during the night and can't go back to sleep.
5. I worry about things and have trouble relaxing.
6. Despite sleeping all night, I don't feel refreshed when I awaken.
7. I wake up earlier in the morning than I would like to.
8. I lie awake for half an hour or more before I fall asleep.
9. I wake up in the morning with muscle or joint stiffness and aches.
10. I feel sad and depressed.

Questions 1 through 10: If you answered yes to three or more questions, you show symptoms of Insomnia, a persistent inability to fall asleep or stay asleep.

Contact **Inland Insomnia Therapy** for a full assessment.

Section 2

11. I've been told that I snore.
12. I've been told that I stop breathing while I sleep, although I don't remember this when I wake up.
13. I have high blood pressure.
14. My friends and family say they have noticed changes in my personality.
15. I am gaining weight.
16. I sweat excessively during the night.
17. I have noticed my heart pounding or beating irregular during the night.
18. I get morning headaches.
19. I have trouble sleeping when I have a cold.
20. I suddenly wake up gasping for breath during the night.
21. I am overweight.
22. I seem to be losing my sex drive.
23. I feel sleepy during the day even though I have slept through the night.

Questions 11 through 23: If you answered yes to three or more questions, you show symptoms of Obstructive Sleep Apnea, a life-threatening disorder that causes you to stop breathing repeatedly during your sleep. Please consult your doctor to address sleep apnea.

Section 3

24. I have trouble concentrating at school or at work.
25. When I am angry or surprised, I feel like I am going limp.
26. I have fallen asleep while driving.
27. I feel like I go around in a daze.

- 28. I have fallen asleep during physical effort.
- 29. I feel like I am hallucinating when I fall asleep.
- 30. I have fallen asleep when laughing or crying.
- 31. I have trouble at work because of sleepiness.
- 32. I have vivid dreams soon after falling asleep.
- 33. I fall asleep during the day.
- 34. No matter how hard I try to stay awake, I fall asleep anyway.
- 35. I feel unable to move when I am waking up on falling asleep.

Questions 24 through 35: If you answered yes to three or more questions, you show symptoms of Narcolepsy, a lifelong disorder characterized by uncontrollable sleep attacks during the day. Please consult your doctor to address whether you meet criteria for a diagnosis of Narcolepsy.

Section 4

- 36. I wake up with heartburn.
- 37. I have a chronic cough.
- 38. I have to use antacids (Rolaids, Tums, etc.) almost every week for stomach trouble.
- 39. I have morning hoarseness.
- 40. I wake up at night coughing or wheezing.
- 41. I have frequent sore throats.
- 42. During the night, I suddenly wake up gasping for breath.

Questions 36 through 42: If you answered yes to two or more questions, you show symptoms of Gastroesophageal Reflux (GERD), a disorder caused when acid from the stomach backs up into the esophagus during the night.

Section 5

43. Other than when exercising, I still experience muscle tension in my legs.
44. I have noticed (or others have commented) that parts of my body jerk.
45. I have been told that I kick at night.
46. I experience aching or crawling sensations in my legs. 47. I experience leg pain during the night.
48. Sometimes I can't keep my legs still at night.
49. I awaken with sore or achy muscles.
50. Even though I have slept through the night, I still feel sleepy during the day.

Questions 43 through 50: If you said yes to two or more questions, you show symptoms of Nocturnal Myoclonus or Restless Leg Syndrome, a disorder characterized by pain or "crawling" sensations in the legs. You may benefit from a sleep study. Please consult your doctor to discuss whether a sleep study would be indicated in your case.