



Sleep Disorders

Self-screen for Sleeping Disorders

- Are you having difficulty sleeping?
- Do you feel tired when you get up, even though you've had a full night's sleep?
- Do you doze off periodically throughout the day, and struggle to stay awake while driving?
- Do you snore? Is your snoring loud or disruptive to you or your partner?
- Are you gasping or choking while asleep?
- Are you groggy in the morning, or have headaches upon waking?
- Do you get up during the night to urinate?
- Do you toss and turn?
- Do you suffer from depression or irritability?
- Are you overweight?
- Do you have high blood pressure or heart disease?
- Do you have diabetes?
- Do you have a large neck that may be crowding your upper airway?
- Are you a post-menopausal woman?
- Are you forgetful?
- Do you suffer from a loss of energy?
- Do you have a history of stroke?
- Do you suffer from sleep paralysis?
- Do you suffer from ischemic heart disease?
- Do you have heart palpitations?

Any of these symptoms are indications of a possible sleep disorder which can be life-threatening if left untreated. Please discuss these symptoms with your physician and see if a sleep study would be helpful for you or a family member.