**Sleep Disorder Screening**

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1. I have been told that I snore
* 2. I have been told that I stop breathing when I sleep
* 3. I have high blood pressure
* 4. My friends and family say that I’m grumpy and irritable
* 5. I have fallen asleep while driving
* 6. I have noticed my heart pounding or beating irregularly during the night
* 7. I get morning headaches
* 8. I suddenly wake gasping for breath
* 9. I am overweight
* 10. I seem to be losing my sex drive
* 11. I often feel sleepy and struggle to remain alert
* 12. I frequently wake with dry mouth
* 13. I have difficulty falling asleep
* 14. Thoughts race through my mind and prevent me from sleeping
* 15. I anticipate a problem with sleep several times a week
* 16. I wake up and cannot go back to sleep
* 17. I worry about things and have trouble relaxing
* 18. I wake up earlier in the morning than I would like to
* 19. I lie awake for half an hour or more before falling asleep
* 20. When I am angry or surprised, I feel like my muscles go limp
* 21. I often feel like I am in a daze
* 22. I have experienced vivid dreamlike scenes
* 23. I have fallen asleep in social settings such as the movies or at a party
* 24. I have trouble at work because of sleepiness
* 25. I have dreams soon after sleep or during naps
* 26. I have sleep attacks during the day no matter how hard I try to stay awake
* 27. I have had episodes of feeling paralyzed during my sleep or on awakening
* 28. Other than when exercising I still experience muscle tension in my legs
* 29. I have noticed, or have been told, that parts of my body jerk during sleep
* 30. I have been told I kick at night
* 31. When trying to go to sleep, I experience an aching or crawling sensation in my legs
* 32. I experience leg pain and cramps at night
* 33. Sometimes I can’t keep my legs still at night, I have to move them to feel comfortable
* 34. Even though I slept during the night, I feel sleepy during the day

Scoring

Questions 1-12: If you marked three or more boxes, you sow symptoms of Sleep Apnea- a potentially serious disorder which causes you to stop breathing repeatedly, often hundreds of times in the night during your sleep

Questions 13-19: If you marked three or more boxes, you show systems of Insomnia- a persistent inability to fall asleep or stay asleep

Questions 20-27: If you marked three or more boxes, you show symptoms of Narcolepsy- a life-long disorder characterized by uncontrollable sleep attacks during the day

Questions 28-34: If you marked three or more boxes, you show symptoms of Periodic Limb Movement Disorder- uncontrollable leg or arm jerks during sleep or Restless Leg Syndrome- uncomfortable feeling in the legs at night