Epignosis Specialty Practice 320 Wilson Street West Hempstead, New York 11552

Could I have a Sleeping Problem?

Name	Oate:		
Sleep disorders affect thousands of Americans of all ages. They can diminish the quality of life and personal health, as well as endangering public safety through their contribution to traffic and industrial accidents. Sleep disorders can be diagnosed and treated by your Physician.			
Have you been told you snore?		Yes	□No
Have you been told you stop breathing at night?		Yes	$\square No$
Have you been told you toss and turn all night?		Yes	$\square No$
Are you sleepy during the day after sleeping all night?		Yes	□No
Do you have high blood pressure?		Yes	$\square No$
Are you overweight or gaining weight?		Yes	$\square No$
Do you perspire at night?		Yes	$\square No$
Do you have muscle tension in your legs when relaxed?		Yes	$\square No$
Have you been told you kick or jerk during the night?		Yes	$\square No$
Do you experience leg pain during the night?		Yes	$\square No$
Do you experience achy or crawly sensations in your legs?		Yes	□No
Do you feel like you are walking around in a daze?		Yes	$\square No$
Have you fallen asleep while driving?		Yes	□No
Have you fallen asleep while laughing or crying?		Yes	□No
Do you have trouble concentrating?		Yes	$\square No$
No matter how hard you try to stay awake, do you still fall aslee	p? □	Yes	□No
Do you awaken in the morning with headaches?		Yes	□No
Do you have trouble at school/work because of sleepiness?		∃Yes	□No
How many questions have you answered yes?	_		

If you answered yes to 5 or more of the above questions you are at high risk for Sleep disorders.