

When to See Your Doctor for Sleep-Related Issues

If you are experiencing symptoms such as:

- sleepiness during the day or when you expect to be awake and alert
- snoring
- leg cramps or tingling
- gasping or difficulty breathing during sleep
- prolonged insomnia or another symptom that is preventing you from sleeping well

. . . you should see your doctor to determine the underlying cause.

You may also try keeping a sleep diary to track your sleep habits over a one- or two-week period and bring the results to your family doctor.

(Retrieved from the National Sleep Foundation, <http://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need/page/0%2C2/>)



Although many problems with sleep can be dealt with through simple changes in routines or in the sleep environment, sometimes a change in behavior is not enough. **If you are having a particular problem with sleep that goes on for a period of time, you might want to consult with a sleep specialist.**

If you are diagnosed with a sleep disorder, it is important to get treatment. Sleep disorders are usually **chronic** and **may lead to other health complications**.

(Retrieved from Harvard Healthy Sleep, <http://healthysleep.med.harvard.edu/healthy/getting/treatment>)

