

SELF-TEST: Assessment for Sleep Disorders

PART 1: SLEEP APNEA – Potentially serious disorder causing you to stop breathing repeatedly, often hundreds of times a night during sleep

- I have been told that I snore.
- I have been told that I hold my breath when I sleep.
- I have high blood pressure.
- My friends and family say that I'm grumpy and irritable.
- I wish I had more energy.
- I get morning headaches.
- I often wake up gasping for breath.
- I am overweight.
- I often feel sleepy and struggle to remain alert during the day.
- I frequently wake up with a dry mouth.

PART 2: INSOMNIA – Persistent inability to fall asleep or stay asleep

- I have difficulty falling asleep.
- Thoughts race through my mind and prevent me from getting to sleep.
- I anticipate a problem with sleep several times a week.
- I often wake up and have trouble going back to sleep.
- I worry about things and have trouble relaxing.
- I wake up earlier in the morning than I would like.
- I lie awake for half an hour or more before I fall asleep.
- I often feel sad/depressed because I can't sleep.

PART 3: NARCOLEPSY – Lifelong disorder characterized by sleep attacks during the day

- I have trouble concentrating at work or school.
- When I'm angry or surprised, I feel like my muscles are going limp.
- I have fallen asleep while driving.
- I often feel like I am in a daze.
- I have experienced vivid dreamlike scenes upon falling asleep or awakening.
- I have fallen asleep in social settings such as movies or at a party.
- I have vivid dreams soon after falling asleep or during naps.
- I have "sleep attacks" during the day no matter how hard I try to stay awake.
- I have episodes of feeling paralyzed during sleep.

PART 4: GASTROESOPHAGEAL REFLUX – Acid backing up into the esophagus during sleep

- I wake up at night with an acid/sour taste in my mouth.
- I wake up at night coughing or wheezing.
- I have frequent sore throats.
- I have heartburn at night.
- During the night I suddenly wake up feeling like I'm choking.

PART 5: PERIODIC LIMB MOVEMENT DISORDER or RESTLESS LEGS SYNDROME – PLMS is uncontrollable leg or arm jerks during sleep. RLS is uncomfortable feelings in the legs at night preventing sleep onset

- I have noticed (or others have commented) that parts of my body jerk during sleep.
- I have been told that I kick and jerk during sleep.
- When trying to go to sleep, I experience an aching or crawling sensation in my legs.
- I experience leg pain or cramps at night.
- Sometimes I can't keep my legs still at night; I just have to move them to feel comfortable.
- Even though I slept during the night, I feel sleepy during the day.

Results: If you checked three or more in any one group, you may suffer from a sleep disorder and it is recommended that you talk to your primary care provider as you may need to see a sleep specialist.

Source: Sleepmed of Central Georgia, <http://sleepcenters.org/ga/selftesthtml.html>