

60-Second Sleep Disorder Questionnaire

Good sleep is important to your well being. Most people spend one third of their lives asleep. The quality of your sleep directly affects the quality of your life.

One out of six Americans has a sleep disorder, which can rob them of sleep, energy, and attention. It may put them and others at risk of injury. Many of these people suffer needlessly, simply because they are unaware a problem exists.

Once detected, most sleep disorders can be corrected. This simple questionnaire is designed to alert you to any problems resulting from poor quality sleep. If you have experienced any of the following symptoms in the last year, check the box beside the number.



- ☐ 1. I have difficulty falling asleep.
- ☐ 2. Thoughts race through my mind preventing me from sleeping.
- ☐ 3. I feel afraid to go to sleep.
- ☐ 4. I wake up during the night and can't go back to sleep.
- ☐ 5. I worry about things and have trouble relaxing.
- ☐ 6. I wake up too early in the morning.
- ☐ 7. I lie awake for half an hour or more before I fall asleep.
- ☐ 8. I feel tired or sleepy during the day and/or evening.
- ☐ 9. I feel sad and depressed.
- ☐ 10. I've been told that I snore.
- ☐ 11. I've been told that I stop breathing while I sleep.
- ☐ 12. I have high blood pressure.
- ☐ 13. My friends and family say they have noticed changes in my personality.
- ☐ 14. I am gaining weight.
- ☐ 15. I sweat during the night.
- ☐ 16. My heart pounds during the night.
- ☐ 17. I get morning headaches.
- ☐ 18. I sometimes wake up with a dry mouth
- ☐ 19. I suddenly wake up gasping for breath during the night.
- ☐ 20. I am overweight.
- ☐ 21. I seem to be losing my sex drive.
- ☐ 22. I sometimes have to fight sleep while driving.
- ☐ 23. I feel sleepy during the day even though I slept through the night.
- ☐ 24. I have trouble concentrating in school or in meetings at work.
- ☐ 25. When angry or surprised, I feel like my muscles go limp.
- ☐ 26. I have fallen asleep while driving.
- ☐ 27. I feel like I go around in a daze.
- ☐ 28. I have experienced vivid like dreams upon falling asleep or awakening.
- ☐ 29. I have fallen asleep during physical effort.
- ☐ 30. I feel like I am hallucinating when I fall asleep.
- ☐ 31. I feel like I have to cram a full day into every hour to get anything done.
- ☐ 32. I have sunk down or lost muscle control when laughing or crying.
- ☐ 33. I have trouble at work because of sleepiness.
- ☐ 34. I have vivid nightmares soon after falling asleep.
- ☐ 35. I fall asleep while watching a movie or TV.
- ☐ 36. No matter how hard I try to stay awake, I fall asleep anyway.
- ☐ 37. I feel unable to move when I am waking up or falling asleep.
- ☐ 38. I have been told that I kick at night.
- ☐ 39. I have noticed (or others have told me) that parts of my body jerk during sleep.
- ☐ 40. Other than when exercising, I still experience muscle tension in my legs.
- ☐ 41. I experience leg pain during the night.
- ☐ 42. I experience an aching or "crawling" sensation in my legs while in bed.
- ☐ 43. Sometimes I can't keep my legs still at night. I just have to move them.
- ☐ 44. I awaken with sore or achy leg muscles.
- ☐ 45. Even though I slept through the night, I still feel sleepy during the day.

Questions 1 through 8	If you marked three or more boxes, you show symptoms of INSOMNIA, a persistent inability to fall asleep or stay asleep.
Questions 9 through 21	If you marked three or more boxes, you show symptoms of SLEEP APNEA, a potentially life threatening disorder which causes you to stop breathing or impairs your breathing, often several hundred times per night which may seriously disrupt your sleep.
Questions 22 through 37	If you marked two or more boxes, you show symptoms of NARCOLEPSY, a life long disorder characterized by uncontrollable sleep attacks during the day.
Questions 38 through 45	If you marked two or more boxes, you show symptoms of PERIODIC LEG MOVEMENTS IN SLEEP or RESTLESS LEGS SYNDROME, a disorder characterized by frequent, involuntary leg movements during sleep or a sometimes painful "crawling" sensation in the legs.

To discuss your questionnaire or to obtain further information, please call 617-796-7766

This test informs you of symptoms that are similar to those experienced by individuals with sleep disorders. It is intended as a general source of educational information and does not contain medical advice. It should not be used for diagnosis or treatment. If you suspect you have a sleep disorder, consult your Primary Care Physician or a Board Certified Specialist in Sleep Medicine.