

Sleep Disorder Screening Test

1. Gender: male female

2. Date of birth: month day year

3. Height feet inches

4. Weight pounds

5. BMI: for office use only

6a Describe any past or present sleeping problems in detail:

6b List any medications you take on a regular basis:

Pinpointing the Cause - Thinking only about the last 4 weeks, check any of the following statements that are TRUE.
If there is an *, ignore the 4 week time frame.

7. My family and friends said I've become grumpy and irritable.

8. I was tired all the time.

9. At least once a week, I had no energy.

10. I could have easily taken a nap before dinner.

11. I had trouble concentrating.

12. I fell asleep at work or school.

13. My memory wasn't as good as it used to be.

14. I frequently fell asleep while watching TV.

15. I was tired for no reason.
16. I had less energy than I used to have and want to have.
17. I did not enjoy the things that I used to.
18. I didn't want to be around other people.
19. I felt lonely.
20. I felt that I am not useful or needed.
21. I felt hopeless about the future.
22. Almost every day I felt sad, hopeless, discouraged or listless.
23. I often felt weak.
24. I have gained weight or have been having more trouble losing weight.
25. My hair has become coarse and dry and/or is falling out.
26. My skin has become dry, rough and pale.
27. The cold bothered me more than most people.
28. I had frequent muscle cramps and aches.
29. I was constipated more often than I used to be.
30. My menstrual cycles have become abnormal.

31. I was unable to stay awake past 7 or 8 pm.
32. I was unable to fall asleep before 1 or 2 am.
33. I had more energy in the morning than at any other time of day.
34. I worked swing shifts.
35. I got a second wind in the evenings.
36. I tended to feel sluggish mid-afternoon around 2 to 3 pm.
37. I often woke up at 3 to 4 am and couldn't get back to sleep.
38. I had trouble feeling awake before 9 or 10 am.
39. Sometimes I woke up with a sore throat.
40. I got daytime heartburn from certain foods.
41. Sometimes I got a burning sensation in my chest when I lay down.
42. Sometimes I woke up choking.
43. Sometimes when I burped or ate too much, acid or food particles backed up into my mouth.
44. Sometimes I got a pain in my abdomen when I felt stressed, anxious or under pressure.
45. I thought I might have developed an ulcer.
46. Certain food or drink made me gassy or bloated.

47. I have been told that I snored, snorted or stopped breathing while I was sleeping.
48. I have been told that I thrashed about a lot when I was sleeping.
49. I made more than 2 trips to the bathroom most nights.
50. I slept propped up on 2 or more pillows.
51. I don't recall having any dreams.
52. I had a lower sex drive than I used to or wanted to.
53. *I am a male/female with a neck circumference of 17½ / 16½ inches or more.
54. * I have gained at least 20 pounds in a six to twelve month period and haven't been able to lose it.
55. I often woke up with a dry mouth.
56. I had trouble sleeping if I had a cold.
57. At least once a week, I slept in a recliner.
58. At least twice a month, I had a stuffy nose when I woke up.
59. At least twice a month, I woke up during the night coughing.
60. At least twice a month, I woke up during the night gasping or short of breath.
61. At least twice a month, I woke up wheezing or with a tight feeling in my chest.
62. At least twice a month, you slept with a window open even if it was cold outside.

63. I could recall dreaming a lot.
64. I slept through the phone ringing.
65. I found that using the computer helped keep me awake.
66. I found myself falling asleep during the day no matter how hard I tried to stay awake.
67. I seemed to need more than 10 to 12 hours of sleep every night.
68. No matter how much I slept during the night, I still felt sleepy during the day.
69. Even if I set an alarm clock, I had trouble getting up in the morning.
70. * I have had trouble keeping a job because I am always late for work.
71. I had pain from arthritis, tendonitis, neuralgia or carpal tunnel syndrome.
72. I had pain from fibromyalgia or chronic fatigue syndrome.
73. I had general body aches at bedtime.
74. I had specific joint or limb pain at bedtime.
75. I woke up during the night because of pain.
76. I woke up in the morning with specific joint or limb pain.
77. I work up in the morning with general body aches or stiffness.
78. I woke up during the night or in the morning with neck or back pain that I did not have when I went to bed.

79. At least once a week, I anticipated that I would have trouble falling asleep.
80. At least once a week, I had trouble turning off my thoughts while trying to fall asleep.
81. At least once a week, I had trouble falling asleep.
82. At least once a week, I worried about not being able to fall asleep.
83. At least once a week, I woke up after a few hours of sleep and had trouble going back to sleep.
84. At least once a week, I lay awake in bed for more than 30 minutes before I fell asleep.
85. I did not have trouble falling asleep if I was on vacation or on weekends.
86. I liked to lie in bed and read or watch TV until I fell asleep.
87. Sometimes when I was laughing or surprised, I felt my muscles were going limp.
88. Sometimes when I was angry or afraid, I felt my muscles were going limp.
89. I often felt like I was going around in a daze.
90. I experienced vivid dream-like scenes without realizing that I was asleep.
91. I could easily have taken a nap at just about any time of the day.
92. I had dreams almost immediately after falling asleep at night, during naps or just before I woke up.
93. I sometimes fell asleep during the day no matter how hard I tried to stay awake.
94. I had episodes of feeling paralyzed just as I was falling asleep or waking up.

95. At least once a month, a cramp in one of my legs woke me up.
96. At least once a month, non-cramp related pain in one of my legs woke me up.
97. At least once a week, I woke up with sore or achy muscles.
98. I have been told that I kick at night.
99. I have been told that parts of my body jerked when I was sleeping.
- 100 At least once a week, I had an aching or creepy crawly feeling in my legs while I was falling asleep.
- 101 At least once a week, I had an aching or creepy crawly feeling in my legs during the day.
- 102 At least once a week, I couldn't keep my legs still at night. I had to move them or get up and walk around to feel comfortable.
- 103 I was told that I ground my teeth while sleeping.
- 104 I was told that I walked in my sleep.
- 105 I was told that I talked in my sleep.
- 106 I had a terrible nightmare.
- 107 I woke up screaming in fear.
- 108 I remember occasionally acting out my dreams.
- 109 I sometimes woke up with a sore jaw or a pain in my temples.
- 110 If I got a phone call shortly after going to sleep, I had trouble waking up enough to be able to talk coherently.