

Suggested Medical Journal

Sleep Patterns:

- 1) When do you go to bed?
- 2) When do you fall asleep?
- 3) Do you wake up during sleep? If so:
 - (a) What caused you to wake up
 - (b) How many times on average to you wake per during sleep

Recording your health:

- 1) Health concern or condition
 - A) How bad is the condition? Pain 1-10 (10 most painful) and/or the number of times condition happens on a weekly average
 - B) What limitations does the condition cause?

Example:

- Veteran X:**
- 1) Back
 - a) pain scale of 8 of 10 per week, bad "gives out" 2-3 times per week
 - b) Limitations are: distance walked - 40 yards then take a 3-5 rest time standing - average 30min then take a 3-5 rest time sitting - average 1 hour take stand 3-5

Try to avoid the words: Can't, sometimes, kinda, better as this words do not provide an accurate description to your health provider.