



Understanding Sleeping Problems

It is estimated that 50 to 70 million Americans chronically suffer from a disorder of sleep and wakefulness, hindering daily functioning and adversely affecting health and longevity. **There are around 90 distinct sleep disorders that interfere with healthy living and may reduce the quality of life; most are marked by one of these symptoms: excessive daytime sleepiness, difficulty initiating or maintaining sleep, and abnormal events occurring during sleep.** The long-term effects of sleep loss and sleep disorders have been associated with a wide range of harmful health concerns including an increased **risk of hypertension, diabetes, obesity, depression, heart attack, and stroke.**

We follow all nationally accepted standards for the diagnosis and treatment of sleep disorders and provide the highest quality of care to our patients. We have board certified sleep specialists that ensure comprehensive treatment from evaluation and diagnosis through follow-up and prevention.

Symptoms?

Circle the number that describes your sleep best.

Never	Rarely	Frequently	Always	
0	1	2	3	I snore loudly
0	1	2	3	I awaken choking or gasping for air
0	1	2	3	I awaken in the morning un- refreshed
0	1	2	3	I have problems falling and/or staying asleep
0	1	2	3	My sleep is very restless
0	1	2	3	My sleep is disturbed by unusual behavior (e.g. nightmares, sleepwalking, acting out dreams, teeth grinding, etc.)
0	1	2	3	I fall asleep while driving
0	1	2	3	I've been told that I stop breathing in my sleep

Chance of Dozing off?

How likely are you to doze off or fall asleep in the following situations?

Never	Slight	Moderate	High	
0	1	2	3	Sitting and reading
0	1	2	3	Watching TV
0	1	2	3	Sitting, inactive in a public place (e.g. theater, meeting)
0	1	2	3	As a passenger in a car for an hour without a break
0	1	2	3	Lying down to rest in the afternoon when circumstances permit
0	1	2	3	Sitting and talking to someone
0	1	2	3	Sitting quietly after lunch without alcohol
0	1	2	3	In a car while stopped in traffic

Add your scores together. If your overall score is greater than 8 on either of these charts, you may have an underlying sleeping disorder. High scores generally indicate Excessive Daytime Sleepiness. If you have a high score, consider a consultation with your physician or call Simply Sleep at 346-443-2389.

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