

Sleep Center

Sleep quality questionnaires

The following questionnaire will tell you if you have symptoms, which may be indicative of a sleep disorder. This information is used as an educational resource, not a medical advice. After taking this test, please take it to your physician at your next visit. You might need medical advice.

A. Sleep Apnea (snoring)

- I am told I snore
- I am told I stop breathing when I sleep although I may not remember it.
- I feel sleepy during daytime even though I sleep through the night
- I have high blood pressure
- I am told I am a restless sleeper, and I toss and turn a lot at night
- I seat excessively during night
- I frequently wake up with headaches
- I suddenly wake up gasping for breath during night
- I have noticed my heart pounding or beating irregularly during night
- I have difficulty in breathing through my nose
- I am overweight and/or gaining weight
- I seem to be losing my sex drive

**If you checked 3 or more boxes,
you have symptom of sleep apnea**

B. Insomnia (unable to sleep):

- I have difficulty initiating and maintaining sleep
- Thoughts race through my mind and this prevents me from sleeping
- I anticipate a problem with my sleeping several times a week
- I worry about things and have trouble relaxing
- I have early morning awakenings

- I have conditioned myself not to sleep due to anxiety
- I often feel sad and depressed

**If you checked 3 or more boxes,
you have symptoms of insomnia**

C. Narcolepsy (uncontrolled sleepiness)

- I have trouble concentrating when I was in school or work
 - I have trouble at work because of excessive sleepiness
 - I have fallen asleep at inappropriate times
 - I experience vivid, frightening nightmares and dream-like scenes upon falling asleep or waking
 - I often feel like I am in daze
 - I experience loss muscle tone upon expression of strong emotions
 - I feel like I have to cram a full day into every hour to get anything done
 - I sometimes feel sleep paralysis when waking up or falling asleep
- If you checked 3 or more boxes,
you have narcolepsy**

D. Restless Legs Syndrome (Nocturnal Myoclonus)

- I experience muscle tension or pain in my legs even I am relaxed and awake
- I noticed or others have told me that parts of my body jerk
- I am told I kick at night
- I experienced aching or crawling sensations in my legs
- I experienced leg pains and can not keep my legs still at night
- Even though I sleep through the night, I feel sleepy during day

**If you checked 3 or more boxes,
you have Restless Leg Syndrome**

E. Gastro-esophageal Reflux (GI Reflux)

- I wake up with heartburn
- I have chronic cough
- I have to use antacids almost every week for stomach trouble
- My voice is hoarse in the morning
- I wake at night coughing and wheezing
- I have frequent sore throats.
- During night, I suddenly wake up gasping for breath

**If you checked 3 or more boxes,
you have GI Reflux**