

# DO YOU HAVE A SLEEP DISORDER? TAKE THIS QUIZ AND FIND OUT...

## Is there a connection between snoring and a sleep disorder?

This questionnaire could help decide if a polysomnogram could help you.

Answer each question honestly.

1. Are you extremely sleepy during the day?  Yes  No
2. Do you fall asleep during work, dinner, or while entertaining friends?  Yes  No
3. Do you snore loudly at night?  Yes  No
4. Do you stop breathing for short periods at night?  Yes  No
5. Do you wake up frequently at night?  Yes  No
6. Are you restless at night (do you hit, kick, or slap your bed partner)?  Yes  No
7. Do you walk in your sleep?  Yes  No
8. Do you wet the bed?  Yes  No
9. Do you have morning headaches?  Yes  No
10. Are you confused when you wake up and have great difficulty "getting going"?  Yes  No
11. Have family or friends complained about disturbing changes in your personality?  Yes  No
12. Do you occasionally forget about tasks you've already finished?  Yes  No
13. Do you sometimes see things that aren't there (hallucinations)?  Yes  No
14. Do you have trouble maintaining attention and concentrating?  Yes  No
15. Do you have "spells" when you unexpectedly drop things?  Yes  No
16. Do you ever feel unable to move (or paralyzed) just before you fall asleep or wake up?  Yes  No
17. Do you have insomnia?  Yes  No
18. Do you have a problem with impotence?  Yes  No
19. Have you gained more than 10 pounds in the past year?  Yes  No
20. Do you wake up in the middle of the night with heartburn?  Yes  No

**If you answered "yes" to any of these questions, please talk to your physician.**

## THE CENTER FOR SLEEP MEDICINE



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*If you would like more information, please contact us at 516-374-8830.*