

Sleep quiz

Do you think that you may be suffering from a sleep disorder? If you are not sure, answering the following questions may help determine if you are at risk and need further evaluation. Check any of these descriptions that apply to you.

- Snore loudly
- You or others have observed that you stop breathing or gasp for breath during sleep
- Wake unrefreshed most mornings
- Feel sleepy or doze off while watching TV, reading, driving or engaged in daily activities
- Have difficulty sleeping three nights a week or more (e.g. trouble falling asleep, wake frequently during the night, wake too early and cannot get back to sleep)
- Feel an unpleasant tingling, creeping feelings or nervousness in your legs when trying to sleep
- Interruptions to your sleep (e.g. nighttime heartburn, bad dreams, pain, discomfort, noise, light or temperature)

If you checked one or more of these statements, you may be suffering from a sleep disorder and should discuss this with your doctor or contact the HealthEast Sleep Care Center for an appointment with one of our sleep specialists at 651-232-1212.