

SMH Sleep Disorders Center

SLEEP QUIZ

Wondering if you have a sleep disorder? This quick and easy quiz has been designed just for you. Simply check each circle to which you can answer "yes." Then turn the card over to score yourself.

1. I have been told that I snore. ☐
2. I have been told that I hold my breath while I sleep. ☐
3. I have high blood pressure. ☐
4. I have gained weight. ☐
5. My friends and family say that I'm often grumpy and irritable. ☐
6. I wish I had more energy. ☐
7. I sweat excessively during the night. ☐
8. I get morning headaches. ☐
9. I suddenly wake up gasping for breath. ☐
10. I seem to be losing my sex drive. ☐
11. I frequently awake with a dry mouth. ☐
12. I have difficulty falling asleep. ☐
13. Thoughts race through my mind and prevent me from sleeping. ☐
14. I lie awake for half an hour or more before I fall asleep. ☐
15. I wake up and cannot go back to sleep. ☐
16. I have fallen asleep while driving. ☐
17. I have experienced dreamlike scenes upon falling asleep or awakening. ☐
18. I have fallen asleep in social settings such as movies or at a party. ☐
19. I have trouble at work because of sleepiness. ☐
20. I have dreams soon after falling asleep or during naps. ☐
21. I have "sleep attacks" during the day no matter how hard I try to stay awake. ☐
22. I have had episodes of feeling paralyzed during my sleep. ☐
23. Other than when exercising, I experience muscle tension in my legs. ☐
24. I have noticed (others have commented) that parts of my body jerk during sleep. ☐
25. I have been told that I kick at night. ☐
26. When trying to go to sleep I experience an aching or crawling sensation in my legs. ☐
27. I experience leg pain or cramps at night. ☐
28. Sometimes I can't keep my legs still at night, I just have to move them to feel comfortable. ☐

YOUR SCORE

Add up the number of boxes you checked and enter the number in the appropriate spaces below:

Questions 1-11

3 or more: You show symptoms that are associated with Sleep Apnea.

Sleep Apnea is a potentially life-threatening medical problem that could be harming your general health. Untreated, obstructive sleep apnea may lead to heart attacks, strokes, impotence, irregular heartbeat, high blood pressure and heart disease.

Questions 12-16

2 or more: You show symptoms associated with Insomnia.

If you have been experiencing these symptoms for more than a month or if insomnia is affecting your quality of life, talk to your physician. For chronic insomnia, a sleep specialist may be needed, as this is a more complex disorder that often results from a combination of health conditions and factors.

Questions 16-22

3 or more: You show symptoms associated with Narcolepsy.

Some people, no matter how much they sleep, experience an irresistible need to sleep. Narcolepsy is a chronic lifelong disorder. People with Narcolepsy can fall asleep while at work, talking or driving a car. These “sleep attacks” can last from 30 seconds to more than 30 minutes. They may also experience periods of cataplexy or a loss of muscle tone that can range from a slight buckling at the knees to a complete “rag doll” limpness throughout the body.

Questions 23-28

3 or more: You show symptoms associated with Restless Leg Syndrome.

Restless Leg Syndrome is a discomfort in the legs that is relieved by moving or stimulating the legs. It is often described as a crawling, tingling, or prickling sensation. It occurs in the legs when a person is sitting or lying still, especially at bedtime. Medications have been found useful for treatment.

This Sleep Quiz is not meant to take the place of medical advice. When you complete this quiz, if you feel that you may suffer from one or more of these sleep problems, please bring this quiz with you when you visit your physician.



SMH Sleep Disorders Center
SMH Founders Medical Building
1150 Robert Blvd., Suite 200
Slidell, LA 70458
(985) 280-8823