

Sleep Quiz

(Instructions: tick the relevant boxes with pen or pencil)

- 1. I have been told that I snore, gasp or quit breathing during my sleep, even though I do not remember.
- 2. I have high blood pressure.
- 3. I have woken up with my heart pounding or having skipped a beat during the night.
- 4. I frequently feel sleepy during the day, even though I sleep well at night.
- 5. I often awaken with a dry mouth.
- 6. I frequently awaken with headaches.
- 7. I have almost fallen asleep while driving or at work.
- 8. I have "sleep attacks" where I fall asleep even though I fight it.
- 9. I see vivid, dreamlike images when waking up or falling asleep.
- 10. I have suddenly fallen asleep when angered, surprised, saddened or scared.
- 11. I have awakened to find that for several seconds, I could not move.
- 12. I often take greater than 30 minutes to fall asleep.
- 13. I awaken during the night and have difficulty returning to sleep.
- 14. I wake up earlier in the morning than I would like to.
- 15. Thoughts often race through my mind and prevent me from falling asleep.
- 16. I often feel sad and depressed.
- 17. I have problems falling asleep during the week, but sleep well during weekends and while on vacation.
- 18. I have awakened with heartburn or a sour taste in my mouth.
- 19. I use antacids frequently or stomach trouble.
- 20. I have been told that my arms or legs jerk or kick during the night.
- 21. I often feel a "creepy crawly" sensation in my legs when lying in bed.
- 22. I often wake up with leg cramps in the night and have to walk around to relieve them.
- 23. I am bothered by recurrent frightening or bad dreams.
- 24. I am told that I frequently walk, talk or grind my teeth during my sleep.