

SLEEP QUIZ

Are you one of the 40 million American adults who have trouble sleeping?

If you think you may not be getting the sleep you need, please answer the questions below and discuss the results with your doctor.

- 1. Do you have trouble falling asleep or staying asleep, or do you feel poorly rested in the morning?**
 Never Sometimes Usually Always
- 2. Do you fall asleep unintentionally or fight to stay awake during the day?**
 Never Sometimes Usually Always
- 3. Do sleep problems or daytime sleepiness interfere with your daily activities?**
 Never Sometimes Usually Always
- 4. Do work or other activities prevent you from getting enough sleep?**
 Never Sometimes Usually Always
- 5. Is your sleep disturbed by:**
 - Pain...**
 Never Sometimes Usually Always
 - Other physical problems...**
 Never Sometimes Usually Always
 - Worries...**
 Never Sometimes Usually Always
 - Other** (please specify) _____
 Never Sometimes Usually Always
- 7. How many nights in the past 4 weeks did you have trouble falling asleep or staying asleep?**
 0 nights 1-5 nights 6-15 nights
 > 15 nights
- 8. Approximately how many total hours of sleep do you actually get each night, not counting time awake?**
 < 6 hrs 6-8 hrs 8-10 hrs > 15 hrs