

Are You Getting Enough Vitamin ZZZZs?

- Do you snore?
- Have you been told that you stop breathing during sleep?
- Do you have difficulty falling asleep and/or staying asleep?
- Do you find it difficult to stay alert & awake during waking hours?
- Do you experience a tingling or crawling feeling or nervousness in your legs when trying to sleep?
- Do you have nighttime heartburn, pain or discomfort?
- Is your sleep affected by your sleep environment or the sleep difficulties of a bed partner?

If you answered "yes" to any of the above questions, then you may be suffering from a sleep disorder.

Rate Your Sleep: ■ Poor ■ Fair ■ Good



Center for Sleep
Saint Thomas Health Services

If you have questions about your responses to this questionnaire, please contact your doctor or call the **Center for Sleep at 284-7537**.