

Recognizing Sleep Disorders:

- 1.) Obstructive Sleep Apnea**
- 2.) Periodic Leg Movements of Sleep/Restless Leg**
- 3.) Narcolepsy**
- 4.) Insomnia**

If you answer yes to three or more of the following questions, you may suffer from a sleep disorder. Discuss testing and treatment options with your doctor.

I have been told that I snore.

I have been told that I hold my breath while asleep.

I get morning headaches.

I often wake up gasping for breath.

I often feel sleepy and struggle to remain alert during the day.

I often wake up and have trouble going back to sleep.

I have fallen asleep while driving.

I have vivid dreams soon after falling asleep or during naps.

I have "sleep attacks" during the day no matter how hard I try to stay awake.

I wake up at night coughing or wheezing.

I have frequent sore throats.

I have heartburn at night.

During the night I suddenly wake up feeling like I am choking.

Parts of my body jerk during sleep.

Even though I slept during the night, I feel sleepy during the day.