

Score Yourself

Questions 1 through 10

Describe symptoms experienced by people with sleep apnea, a potentially life-threatening disorder that causes you to stop breathing repeatedly, often several hundred times per night, during your sleep.

Questions 11 through 17

Describe symptoms experienced by people with narcolepsy, a lifelong disorder characterized by uncontrollable sleep attacks during the day.

Questions 18 through 23

Describe symptoms experienced by people with gastroesophageal reflux, a disorder caused when stomach acid backs up into the throat during the night.

Questions 24 through 28

Describe symptoms experienced by people with nocturnal myoclonus or restless leg syndrome, a disorder characterized by pain or crawling sensations in the legs.

Questions 29 through 34

Describe symptoms experienced by people with insomnia, a persistent inability to fall asleep or stay asleep.

The test you have just completed describes symptoms that are similar to those experienced by people with sleep disorders. It is intended as a general source of educational information and should not be used for diagnosis or treatment. Your physician can refer you to a comprehensive sleep center where you will receive an in-depth evaluation by highly qualified medical personnel.

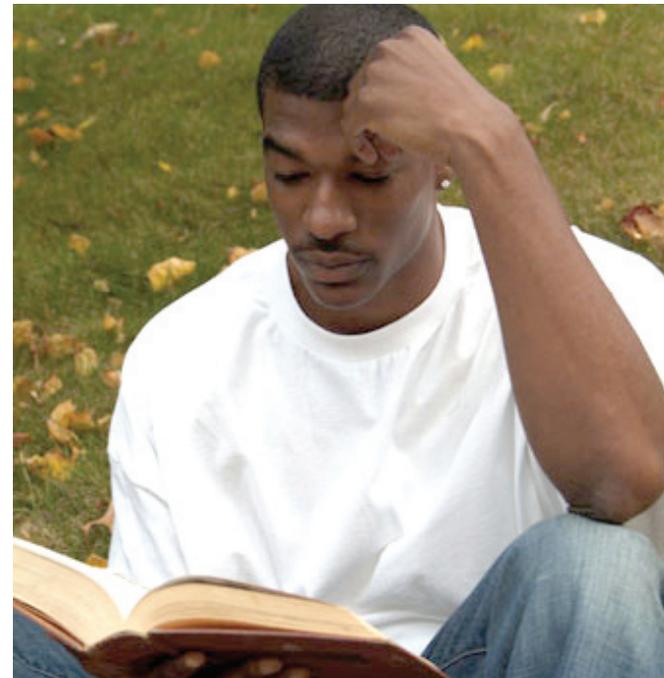
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SELF REGIONAL
HEALTHCARE

SLEEP DISORDER CENTER

Are you at risk
for a sleep disorder?



About the Sleep Disorder Center

The Sleep Disorders Center at Self Regional Healthcare promotes sleep as a vital importance to your health, safety and overall performance. Our services include diagnosis, evaluation and treatment of patients with all types of sleep disorders, including obstructive sleep apnea, insomnia, narcolepsy and restless legs syndrome.

Sleep Test

This test can help determine the quality of your sleep. Check the box beside any of the following symptoms you experience on a regular basis.

- 1. I have been told that I snore loudly.
- 2. I have been told that I stop breathing or gasp for breath while I sleep, although I do not remember this when I wake up.
- 3. I have high blood pressure.
- 4. My friends and family say they have noticed changes in my personality.
- 5. I am gaining weight.
- 6. I sweat excessively during the night.
- 7. I have noticed my heart pounding/beating irregularly during the night.
- 8. I get morning headaches.
- 9. I seem to be losing my sex drive.
- 10. No matter how hard I try to stay awake, I still fall asleep, even after a full night's sleep.
- 11. When I experience strong emotions, such as anger, fear, or surprise, I go limp.
- 12. I have fallen asleep while driving, even after a full night's sleep.
- 13. I experience vivid, dreamlike scenes upon or soon after falling asleep.
- 14. I have fallen asleep during physical effort.
- 15. I feel as though I have to cram a full day into every hour to get anything done.
- 16. I have trouble at work or at school because of sleepiness.
- 17. I often feel paralyzed (unable to move) for brief periods when falling asleep or just after waking.
- 18. I have used antacids almost every week for stomach troubles and wake up with heartburn.
- 19. I have chronic cough.
- 20. I have morning hoarseness.
- 21. I wake up at night coughing or wheezing.
- 22. I have frequent sore throats.
- 23. Even though I slept through the night, I still feel sleepy during the day.
- 24. Other than when I am exercising, I still experience muscle tension, aching, or crawling sensations in my legs.
- 25. I have been told that I kick at night.
- 26. I experience leg pain during the night.
- 27. Sometimes I just cannot keep my legs still at night. I just have to move them.
- 28. I awaken with sore or aching muscles.
- 29. Thoughts race through my mind and this prevents me from sleeping.
- 30. I wake up during the night and cannot go back to sleep.
- 31. I worry about things and have trouble relaxing.
- 32. I wake up earlier in the morning than I would like to.
- 33. I lie awake for a half-hour or more before I fall asleep.
- 34. I feel sad and depressed. I feel afraid to go to sleep.