Print in Color or Grayscale Only

Using Adobe Acrobat Reader 8.0 or later

Sleep History

Please answer every question

PLEASE PRINT PATIENT'S LAST NAME									
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Grades 1-8 Grades 9-11						less than 4	years)		
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Print in Color or Grayscale Only

Using Adobe Acrobat Reader 8.0 or later

Sleep History

Please answer every question

	you:														
Considered (or are on) disability?	Yes		No		Mari	tal or	social	prob	olems?)			Yes		No I
Had work (or school) difficulties?	⊃ Yes		No		Drug	or ald	cohol	use?				\bigcirc	Yes		No I
Had motor vehicle accidents?	Yes		No		Had a	an inji	ury?						Yes		No I
Had driving problems?	⊃ Yes		No												
The following quest	tions a	re re	late	d to yo	ur slee	p du	ıring	the	past	few n	nont	ths.			
WEEKDAYS When do you usually go to sleep?															
AM				NOON	ı										PM I
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When do you usually wake up?															1
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How satisfied are you with your Current sleep quality?	•••		νε 1	ery Satisj L	ied 2 🔘		3 🔾		to •	5		6	_	Dissa 7	tisfied 7
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Print in Color or Grayscale Only

Using Adobe Acrobat Reader 8.0 or later

Sleep History

Please answer every question

Never: Not experienced the problem in the last year Rarely: Experience the problem less than once per month Sometimes: Experience the problem a few times per month Often: Experience the problem during most weeks of the month Usually: Experience the problem 2 to 5 times per week Always: Experience the problem on most days of the week	Never	Rarely	Sometimes	Often	Usually	Always
How often do you (or your bed partner/roommate) find that you:	er	₹	S	ä	₹	S
Snore so loudly that it would bother others near you						
Sleep apart from your bed partner or roommate because of snoring						
Make unusual sounds while sleeping						
Have trouble breathing at night						
Awaken choking, gasping or smothering						
Awaken coughing						
Have others say that you stop breathing in your sleep						
Are bothered by physical problems, sensations or pain at night						
Awaken with dry mouth and/or sore throat						
Have palpitations or chest pain at night						
Awaken during the night or in the morning with a headache				0	0	
Are awakened with hot flashes or sweating						
Have twitches, jerks or startled movements during sleep						
Have restless sleep or awaken with bedclothes or sheets in a mess				0		
Sit up and scream while asleep or suddenly wake up scared						
Talk while sleeping						
Walk or eat while asleep, with no recall of this the next day						
Act out your dreams						
Afraid to be alone at night						
Grind teeth while sleeping						
Wet the bed						
Are tired and fatigued even when you are not sleepy						
Doze or nod off while at work						
Doze or nod off while driving						
Feel sleepy and drowsy all day						
Wake up tired or NOT rested						
Feel tired or sleepy in the morning						
Feel tired or sleepy during the afternoon						
Feel tired or sleepy in the early evening						
Are more awake and alert in the evening than morning						
Wake up and are alert in the morning before it is time to get up						
Sleep longer on weekends or holidays than on weekdays						
Have trouble falling asleep at your usual bedtime						
Have trouble staying asleep after you have fallen asleep						
Awaken early in the morning and have trouble getting back to sleep						
Lie awake at night with thoughts racing through your mind						
Are too full of energy or have many exciting/important things to do to sleep						
Have frightening dreams or nightmares						
Have vivid dreams shortly after falling asleep						
Heard a voice or saw things like a vision while falling asleep or awakening						
Felt paralyzed, totally unable to move, but mentally alert while falling asleep or wakening						
Have sudden physical weakness of arms, legs or face when						
laughing, crying, or during other emotional situations without dizziness						
Are refreshed and awake even after short (10-15 min) naps						
Use alcohol to help you sleep						
Use sleeping pills to help you sleep						
Use medicine to help you stay awake						
Use coffee, tea, cola or other stimulants to help you stay awake						