

Lisa Whims-Squires, DO
1305 S. Fort Harrison Avenue, Building G
Clearwater, FL 33756

P (727) 466-9847

F (727) 466-0346

A good sleep is important to your well-being. Since most people spend roughly one-third of their lives asleep, it's easy to see how the quality of sleep directly affects the quality of your life. 1 in 3 Americans has a sleep disorder which makes sleeping or waking hours miserable. Many of these people suffer needlessly because they are unaware that a problem exists. Once detected, most sleep disorders can be corrected. **If you have experienced any of the following symptoms in the last year, check the box YES. When referring to night, assume that this means during sleep.**

Name: _____

Date: _____

Section 1:	YES	NO
1. I have difficulty falling asleep.		
2. Thoughts race through my mind and this prevents me from sleeping.		
3. I feel afraid to go to sleep.		
4. I wake up during the night and have trouble falling back asleep.		
5. I worry about things and have trouble relaxing.		
6. I wake up earlier in the morning than I would like.		
7. I lie awake for 30 minute or more before I fall asleep.		
8. I feel sad and depressed.		
Section 2:	YES	NO
9. I have been told that I snore.		
10. I have been told that I stop breathing sometimes when I sleep.		
11. I have been told my blood pressure is high.		
12. I have been told by friends/family that my personality has changed.		
13. I am gaining weight.		
14. I feel that I sweat more than I should at night.		
15. I have notice my heart pounding during the night.		
16. I get morning headaches.		
17. I have trouble sleeping when I have a cold.		
18. I wake up suddenly some night gasping for breath.		
19. I am overweight.		
20. I am losing my sex drive.		
21. I feel sleepy during the day even when I sleep through the night.		

Section 3:	YES	NO
27. I have had trouble concentrating in school/work.		
28. When I am angry or surprised, I feel like I'm going limp.		
29. I have fallen asleep while driving.		
30. I feel like I go around in a daze.		
31. I have experienced vivid dream-like scenes upon falling asleep/waking.		
32. I have fallen asleep during physical effort (eating meal, exercise, etc).		
33. I feel like I am hallucinating when I fall asleep.		
34. I like to cram a full day into every hour to get everything done.		
35. I have fallen asleep when laughing or crying.		
36. No matter how hard I try to stay awake, I fall asleep anyway.		
37. I sometimes feel like I am unable to move waking up or falling asleep.		
Section 4	YES	NO
38. Other than when exercising, I still experience muscle tension in my legs.		
39. I have noticed (or others comment) that parts of my body jerk.		
40. I have been told that I kick at night.		
41. I experience aching/"crawling" sensations in my legs.		
42. I experience leg pain during the night.		
43. Sometimes I can't keep my legs still at night. I just have to move them.		
44. I awaken with sore or achy muscles.		

Questions about your habits:

WEEKDAY: BEDTIME:

WAKE UP:

NAPS:

WEEKEND: BEDTIME:

WAKE UP:

NAPS:

WORK HOURS:

I WORK SHIFTS: YES NO