

Sleep Quiz



St. Vincent

Sleep Disorders Centers

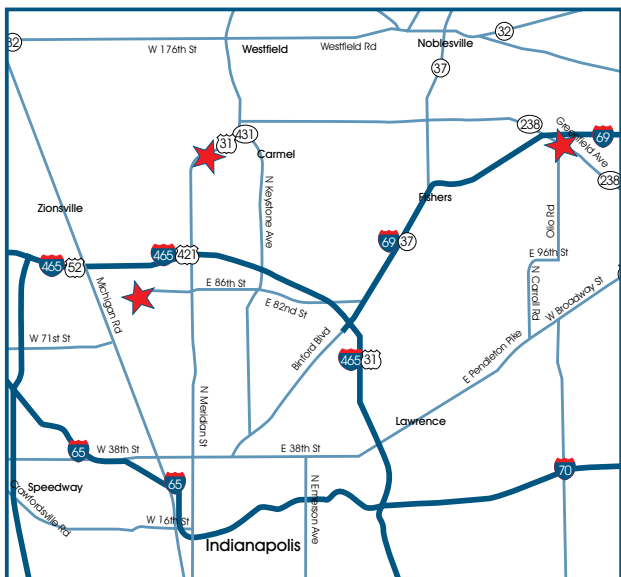
If you have experienced any of the following symptoms in the past year, please place a check mark in the **YES** column.

- | | YES |
|---|--------------------------|
| 1. I've been told that I snore | <input type="checkbox"/> |
| 2. I've been told that I stop breathing while I sleep | <input type="checkbox"/> |
| 3. I fall asleep frequently during the day | <input type="checkbox"/> |
| 4. I have fallen asleep while driving | <input type="checkbox"/> |
| 5. I have high blood pressure | <input type="checkbox"/> |
| 6. I have had a stroke | <input type="checkbox"/> |
| 7. I have heart disease | <input type="checkbox"/> |
| 8. I often experience an aching or crawling sensation in my legs and move them often during the night | <input type="checkbox"/> |
| 9. I wake gasping for breath during the night | <input type="checkbox"/> |
| 10. I have vivid dreams soon after falling asleep | <input type="checkbox"/> |
| 11. I am unable to move upon awakening | <input type="checkbox"/> |
| 12. I get morning headaches | <input type="checkbox"/> |
| 13. I feel sleepy during the day even though I slept through the night | <input type="checkbox"/> |
| 14. I have trouble concentrating | <input type="checkbox"/> |
| 15. I have trouble at work due to excessive sleepiness | <input type="checkbox"/> |

If you answered **YES** to any of these questions you may be at risk for a sleep disorder. We suggest you discuss these results with your physician.

For more information or to schedule an appointment with one of our Board Certified Sleep Specialists, please call us at **317-338-2152** or **1-800-972-7869**

St. Vincent Sleep Center Locations



St. Vincent Indianapolis

St. Vincent Carmel

St. Vincent Medical Center
Northeast in Fishers

317-338-2152 or 800-972-7869



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sleep.stvincent.org

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