

DO YOU HAVE A SLEEP PROBLEM?

TAKE THE FOLLOWING SLEEP QUIZ FROM THE AMERICAN ACADEMY OF SLEEP MEDICINE.

1. I feel sleepy during the day, even when I get a good night's sleep. True or False
2. I get very irritable when I can't sleep. True or False
3. I often wake up at night and have trouble falling back to sleep. True or False
4. It usually takes me a long time to fall asleep. True or False
5. I often wake up very early and can't fall back to sleep. True or False
6. I usually feel achy and stiff when I wake up in the morning. True or False
7. I often seem to wake up because of dreams. True or False
8. I sometimes wake up gasping for breath. True or False
9. My bed partner says my snoring keeps her/him from sleeping. True or False
10. I've fallen asleep driving. True or False

If you answered true more than twice, you should consider discussing your sleep issues with your doctor or a sleep specialist.

To make an appointment with one of our sleep specialists, please call us at

952-967-7616

 **HealthPartners**[®]
Sleep Health Center

A department of Regions Hospital