

# 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**.*