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**“Healthy Sleep is a Beautiful Thing” Do you experience it?**

## **ADULT SLEEP QUIZ: DO YOU HAVE A DISRUPTIVE SLEEP BREATHING DISORDER?**

**Do You Experience Any of the Following:**

1. I have been told that **I snore**. I feel it is a problem that needs attention.
2. My **bed partner snores** and keeps me awake. Sometimes I go to another room.
3. I have **difficulty falling asleep** and staying asleep. My typical bedtime is \_\_\_\_\_. My typical waking hour is \_\_\_\_\_.
4. I have been told **I stop breathing** when I’m asleep. I sometimes suddenly wake up gasping for a breath or choking during the night.
5. I anticipate a problem with sleep most every night.
6. I have to go to **the bathroom** several times during the night.
7. I have **difficulty waking up** in the morning, and often do not feel refreshed.

8. I get frequent **morning headaches**. I feel tension and discomfort in my head and jaw muscles.
9. I have noticed **my heart** pounding or beating irregularly during the night.
10. I have been diagnosed with **high blood pressure**. I am on medication for high blood pressure.
11. I experience frequent **muscle or leg cramps** at night.
12. I feel compelled to move **my legs** and cannot keep them still.
13. I **grind or clench my teeth** during the day or night. I notice that my teeth are wearing excessively and becoming less attractive.
14. I often feel **tired, fatigued or sleepy** during the day.
15. I have **fallen asleep** in social settings like a party or at the movies.
16. I experience **Acid Reflux/GERD**. I take prescription or over the counter medication.
17. I have **difficulty concentrating** – have memory lapses – experience mood swings.
18. I often feel **sad or depressed** without an explained reason.
19. **I worry** about things and have trouble relaxing.
20. **Thoughts race** through my mind and prevent me from falling asleep.

21. I am **overweight** and have tried multiple times **to lose weight** but it was not successful.

22. I have been either **gaining or losing weight** recently without an explained reason.