

Sleep

Are you getting enough sleep?

Approximately 70 million Americans suffer from more than 70 types of sleep disorders, including sleep apnea, insomnia, narcolepsy, and restless leg syndrome just to name a few. An untreated sleep disorder can reduce your daytime productivity, increase your risk of accidents, and put you at risk for illness and even early death.

Sleep Quiz:

This is a simple quiz. Discuss with your doctor if you think you may have a sleep disorder.

Check any of the following that apply to you:

- I have been told that I snore.
- I have been told that I stop breathing when I sleep, although I may have no recollection of this occurring.
- I am overweight.
- I am always sleepy during the day even though I sleep throughout the night.
- I have high blood pressure.
- I have been told that I sleep restlessly.
- I toss & turn while asleep.
- I have difficulty sleeping 3 nights a week or more.
- I frequently awaken with headaches.
- I tend to fall asleep in inappropriate situations.
- Others and/or I have noticed a recent change in my personality.
- I am always yawning.

If you checked three or more of the above statements, you show symptoms of a sleep disorder. You need to make an appointment with your doctor to discuss the results.