

## SELF-SCORING SLEEP ASSESSMENT

Sleep is essential to your health and wellness. Despite its importance, sleep-disordered breathing problems, such as snoring and sleep apnea, often go undiagnosed.

Here are some questions that may help you assess whether you may be suffering from a sleep disorder. While this self-scoring sleep assessment cannot substitute for a comprehensive examination, your answers to these can be a great starting point for a discussion with your doctor about the importance of sleep hygiene and the benefits of quality, recuperative sleep. Bring your completed assessment with you to your next doctor's visit; get the conversation started.



### *Self-Scoring Sleep Assessment*

*Check the box if you experience the symptom(s) on a regular basis:*

- 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.
- I am always sleepy during the day, even if I spent throughout the night.
- I have high-blood pressure.
- I have been told that I sleep restlessly; I am always "tossing" and "turning" while asleep.
- I tend to sweat excessively during my sleep.
- I frequently awaken with headaches in the morning.
- I tend to fall asleep during inappropriate times.
- Others and/or I have noticed a recent change in my personality.
- I am overweight.

\_\_\_\_\_ **TOTAL BOXES CHECKED**

*Scoring:* If you have checked 3 or more boxes, you show symptoms of sleep apnea, which is a life-threatening disorder that cause you to stop breathing during sleep and can occur hundreds of times per night. We urge you consult a physician or dentist who has experience managing sleep-disordered breathing for an examination. If your partner shows any signs of sleep apnea, you should persuade him or her to do the same. Once diagnosed, sleep apnea and other sleep-disordered breathing problems can be managed effectively. Treatment will improve your quality of life and can even increase your life expectancy.

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