

Sleep problems

Yes

A. Have you had any problems with sleep?

- Difficulty falling asleep?
- Restless or un-refreshing sleep?
- Early morning awakening.....
- Frequent or long periods of
being awake?.....

If YES to any of the above, continue below

- 1. Do you have any medical problems or physical pains?
- 2. Are you taking any medication?
- 3. Do any of the following apply?
 - Drink alcohol, coffee, tea or eat before you sleep?
 - Take day time naps?
 - Experienced changes to your routine e.g. shift work?
 - Disruptive noises during the night?
- 4. Do you have problems at least three times a week?
- 5. Has anyone told you that your snoring is loud and disruptive?
- 6. Do you get sudden uncontrollable sleep attacks during the day?
- 7. Low mood or loss of interest or pleasure?
- 8. Worried, anxious or tense?
- 9. How much alcohol do you drink in a typical week (number of standard
drinks/week)?

Summing up

- Positive to any of 1, 2 or 3:
consider management of the underlying problem
- Positive to 4: indication of **sleep problem**
- Positive to 5: consider **sleep apnoea**
- If positive to 6: consider **narcolepsy**
- Positive to 7: consider **depression**.....
- Positive to 8: consider **anxiety**
- If weekly drinking is more than 21 standard drinks for men and more than
14 for women, consider **alcohol use problems**.....