

# YOUR ONE MINUTE SLEEP QUIZ

	Y	N
I feel sleepy during the day, even when I get a good night's sleep..	<input type="checkbox"/>	<input type="checkbox"/>
I get very irritable when I can't sleep.....	<input type="checkbox"/>	<input type="checkbox"/>
I often wake up at night and have trouble falling back to sleep....	<input type="checkbox"/>	<input type="checkbox"/>
It usually takes me a long time to fall asleep.....	<input type="checkbox"/>	<input type="checkbox"/>
I often wake up very early and can't fall back to sleep.....	<input type="checkbox"/>	<input type="checkbox"/>
I usually feel achy and stiff when I wake up in the morning.....	<input type="checkbox"/>	<input type="checkbox"/>
I often seem to wake up because of dreams.....	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes wake up gasping for breath.....	<input type="checkbox"/>	<input type="checkbox"/>
My bed partner says my snoring keeps her/him from sleeping.....	<input type="checkbox"/>	<input type="checkbox"/>
I've fallen asleep driving.....	<input type="checkbox"/>	<input type="checkbox"/>

If you agree with one or more of these statements, you may have a treatable sleep disorder.\*

*\*Sleep Quiz from the American Academy of Sleep Medicine ([www.aasmnet.org](http://www.aasmnet.org))*

If you're concerned about your sleep, or your sleep partner has any of these symptoms, don't wait.  
Call your doctor today, or contact



WESTLAKE<sup>TM</sup>  
SLEEP CENTER

(512-697-3712)