

Sleep Information Sheet

Current Sleep

Note: complete for "work/school nights" if your schedule varies weeknights versus weekends.

What time do you typically get in to bed and attempt to sleep (i.e., "lights out")? _____

Approximately how long does it take you to fall asleep? _____

What time do you get out of bed for the last time? _____ Is this with an alarm? _____

Typical # of awakenings between falling asleep and last awakening: _____

For how long will you stay awake? _____

If you can't fall asleep or if you wake during the night, do you stay in bed? _____

Average hours of sleep per night: _____ Range: _____

Average hours in bed per night: _____

Naps: How often? _____ For how long? _____ What time of day? _____

What time do you need to get out of bed for your first obligation of the day? _____

Do your answers above apply equally to weekends? If not, how are weekends different?

Body's Ideal

If you were to get consistent sleep each night, how many hours of sleep would you need to feel fully rested? (*Note: more is not better – each person has a "sweet spot" and this can vary a lot from person to person.*) _____

If the world revolved around your schedule, such that you could sleep any time your body wanted to and you wouldn't miss out on life, what time would your body most want to sleep? (indicate am/pm)

Bedtime _____ Wake-up time _____

Additional Information

What sleep treatments/strategies have you already tried?

Have you had an overnight sleep study? _____

If yes: When?

What were the results?

Do you use: ___ CPAP ___ BiPAP ___ oral appliance ___ positional device ___ overnight oxygen

Have you ever been diagnosed with:

___ sleep apnea ___ restless leg syndrome ___ periodic limb movements ___ narcolepsy

Do you have nightmares? _____ Recurrent dreams? _____

Have you experienced or witnessed any trauma (e.g., physical or sexual assault, home invasion, natural disasters, motor vehicle accidents)? If yes, did you experience any trauma at night? Please provide as much information as you feel is pertinent and are comfortable sharing at this time.