

How's Your Sleep?

Check all that apply:

- You snore loudly
- You or others have observed that you stop breathing or gasp for breath during sleep
- You feel sleepy or doze off while watching TV, reading, driving, or doing daily activities
- You have difficulty sleeping 3 nights a week or more (e.g. trouble falling asleep, wake frequently, or wake too early and cannot get back to sleep)
- You feel unpleasant, tingling, creeping feelings, or nervousness and the urge to move in your legs when trying to sleep
- You have interruptions to your sleep (e.g., nighttime heartburn, bad dreams, pain, discomfort, noise, family members, light or temperature)

Source: National Sleep Foundation

Sleep Tips I Will Try: