

**PENN JERSEY PULMONARY ASSOCIATES  
SLEEP DISORDER QUESTIONNAIRE**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Please check off the statements that apply to you.

- I have been told that I snore.
- I have been told that I stop breathing during sleep.
- I have high blood pressure.
- My family and friends say that I'm often grumpy and irritable.
- I often wake up gasping for breath.
- I am overweight.
- I often feel sleepy and struggle to remain alert during the day.
- I frequently wake up with dry mouth.
- I have trouble concentrating at work or school.
- When I am angry or surprised, I feel like my muscles are going limp.
- I have fallen asleep while driving OR I have had a recent auto accident.
- I often feel like I am in a daze.
- I have experienced vivid dreamlike scenes upon falling asleep or awakening.
- I have fallen asleep in social settings such as movies or at a party.
- I have vivid dreams soon after falling asleep or during naps.
- I have "sleep attacks" during the day no matter how hard I try to stay awake.
- I have episodes of feeling paralyzed during my sleep.
- I've noticed (or others have commented) that parts of my body jerks during sleep.
- I have been told that I kick & jerk during sleep.
- When trying to sleep, I experience an aching or crawling sensation in my legs.
- Sometimes I can't keep my legs still at night. I have to move them to feel comfortable.

**RISK OF DRIVING WITH SLEEP DISORDER**

Patients with sleep disorders are at increased risk for motor vehicle accidents and death. We advise our patients that if sleepy while driving, you should pull over and rest. If you have had a recent motor vehicle accident, or if you are severely sleepy all the time, you should have someone drive for you until you have received treatment. We can answer any questions regarding this that you may have.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**I HAVE READ AND UNDERSTAND THE ABOVE INFORMATION**