



## **Sleep Disorder Quiz**

Check questions that apply to you:

- \_\_\_\_\_ Do you feel tired during the day?
- \_\_\_\_\_ Do you have morning headaches?
- \_\_\_\_\_ Do you feel irritable and unhappy?
- \_\_\_\_\_ Has anyone told you that you snore or stop breathing while sleeping?
- \_\_\_\_\_ Have you lost interest in things you liked before?
- \_\_\_\_\_ Do you have uncontrollable urges to fall asleep at inappropriate times?
- \_\_\_\_\_ Do you suffer from twitches and crawling sensations in your legs?
- \_\_\_\_\_ Do you wake up short of breath and gasping?
- \_\_\_\_\_ Are you 20 pounds over weight?
- \_\_\_\_\_ Do you experience night sweats?

If you answered yes to any of these questions you may suffer from a sleep disorder.

***Diagnosis and treatment are available.***

**For a better nights sleep contact:**

**Millennium Sleep Clinic**

**(248) 626-4560**