



# Sleep Questionnaire

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Sleep is important for healing, immunity, mood, cognition, and many other physiological functions.

Please answer the following questions as accurately and fully as possible. For Yes / No questions, please check the correct answer and provide an explanation if one is requested. The information will help to determine whether you are getting the sleep you need and to identify possible strategies to help you sleep better.

## Sleep Problems:

- 1 Do you have a sleep problem that has been diagnosed?  Yes  No  
If yes, what? \_\_\_\_\_
- 2 Do you feel that you have a sleep problem?  Yes  No  
If yes, how would you describe it? \_\_\_\_\_  
Do you snore loudly or stop breathing while you sleep?  Yes  No  
Have you had a sleep study performed?  Yes  No  
Do you use a CPAP machine?  Yes  No

## Sleepiness Questions:

- 3 Do you feel well rested in the morning?  Yes  No
- 4 Are there times during the day or evening that you feel sleepy?  Yes  No  
If yes, what times are these? \_\_\_\_\_
- 5 What do you do to wake up when you feel sleepy? \_\_\_\_\_
- 6 Have you ever had an accident at work, at home or on your job because you were sleepy?  Yes  No  
If yes, please explain \_\_\_\_\_
- 7 Do you take naps?  Yes  No  
If yes, for how many minutes and at what time of day? \_\_\_\_\_
- 8 Do you feel well rested after a nap?  Yes  No

## Insomnia Questions:

- 9 Can you usually fall asleep within 20 minutes of lying in bed?  Yes  No  
If not, how long does it take? \_\_\_\_\_
- 10 If it takes longer than 20 minutes, what do you do while trying to fall asleep?  
(e.g., read, watch TV, look at phone, get up, etc.) \_\_\_\_\_
- 11 Do you ever feel so wired at night that it is difficult to fall asleep?  Yes  No
- 12 Have you had a saliva cortisol test?  Yes  No  
If yes, what was your night time level? \_\_\_\_\_

**Insomnia Questions:**

- 13** Do you currently take, or have you tried, any of the following sleep aids to fall asleep?  Yes  No  
 If yes, how many times per week do you take them? Please answer with an **E** for effective or an **N** for not effective in helping you to sleep:

Sleep Aids	Tried in the past?	Taking now?	Dosage?	E or N?
Ambien (zolpidem)				
Sonata (zaleplon)				
Lunesta (eszopiclone)				
Belsomra (suvorexant)				
Valium (diazepam)				
Ativan (lorazepam)				
Restoril (temazepam)				
Tylenol PM				
Benadryl				
Calcium/Magnesium				
Valerian				
Kava				
Melatonin				
5-HTP				
Others				

- 14** Do you wake up in the middle of the night?  Yes  No  
 If yes, how many times and for what reasons? \_\_\_\_\_
- 15** Do you have any trouble falling back asleep when you wake up?  Yes  No  
 If yes, how long does it usually take you? \_\_\_\_\_
- 16** Does feeling the need to move your feet or legs at night keep you awake or have you been diagnosed with Restless Legs Syndrome?  Yes  No
- 17** Do you have disturbing dreams at night?  Yes  No

### Caffeine and Other Stimulants:

18 If you drink or eat any of the following, please indicate how much (number of ounces, cups, glasses, etc.), how often per day, and at what times per day?

Do you use...	How much?	How often per day?	When during the day?
Coffee			
Caffeinated sodas (Coke, Pepsi, Mountain Dew, etc.)			
Caffeinated water			
Green tea			
Black tea			
Other tea			
Chocolate			
Coffee or espresso ice creams			
Sudafed or other OTC cold medications			
Alcohol			

19 What medications are you on and what time do you take them?

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### Stress and Stress Reduction:

20 What kind of stress have you been under in the past few months? \_\_\_\_\_

21 What do you do for stress management? \_\_\_\_\_

22 Do you have a journal to write in that is near your bed?  Yes  No

23 Do you exercise aerobically?  Yes  No

If yes, what do you do, how often do you exercise, and at what time of day? \_\_\_\_\_

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### Sleep Hygiene:

24 What time do you usually go to bed? \_\_\_\_\_ What time do you usually wake up? \_\_\_\_\_

25 Do you feel that you go to bed too late?  Yes  No

If yes, what time would you like to go to bed? \_\_\_\_\_

26 Do you watch TV in the evenings  Yes  No

If yes, what hours do you watch it? \_\_\_\_\_

27 Is the TV in your bedroom or in a family room? \_\_\_\_\_

28 Do you use a tablet, cell phone or other electronic devices while lying in bed before going to sleep?  Yes  No

29 Do you read in bed before trying to fall asleep?  Yes  No

If yes, do you use a light or read on a tablet or phone that has a lit up screen?  Yes  No

30 Do you wear or use a sleep monitoring device?  Yes  No

If yes, what type? \_\_\_\_\_

31 How many hours are you physically in your bed? \_\_\_\_\_

### Sleep Hygiene:

- 32 How many hours of the time spent in bed are you actually asleep? \_\_\_\_\_
- 33 On the weekend or days off do you vary your sleep schedule?  Yes  No
- 34 Do you have much light coming into your bedroom?  Yes  No  
If yes, what is the source? \_\_\_\_\_
- 35 Do you have young children who wake you up?  Yes  No

### Bedroom, Breathing and Environment:

- 36 Are there any unusual smells in your bedroom?  Yes  No  
If yes, please describe \_\_\_\_\_
- 37 Do you use Breathe-Easy strips on your nose?  Yes  No If yes, do they help you to breath?  Yes  No
- 38 Do you have carpets or hardwood floors in your bed room? \_\_\_\_\_
- 39 How many rooms in your home have carpets and how old are the carpets? \_\_\_\_\_
- 40 What type of heat is in your home: forced air or radiant? \_\_\_\_\_
- 41 How often do you change the furnace filter in your home? \_\_\_\_\_
- 42 Have you seen any black mold in your window sills or in a basement?  Yes  No
- 43 Do you have a HEPA air filter for your bedroom?  Yes  No  
If yes, what brand is it and how long do you run it each day? \_\_\_\_\_
- 44 What type of vacuum cleaner do you use and does it have a HEPA filter in it? \_\_\_\_\_
- 45 How often do you clean the dust in your bedroom? \_\_\_\_\_
- 46 Do you sleep with an animal that snores or moves around and disturbs you?  Yes  No
- 47 Do you sleep with a bed partner who snores, moves around at night or disturbs you when you are trying to sleep?  
 Yes  No
- 48 Do noises wake you up?  Yes  No  
If yes, what are they? \_\_\_\_\_
- 49 Do you live on a noisy street?  Yes  No
- 50 Do you feel safe in your bed at night?  Yes  No  
If not, explain \_\_\_\_\_

### Bed, Pillows, and Pain:

- 51 What type of bed do you have and what size is it? \_\_\_\_\_
- 52 Do you wake up because of pain?  Yes  No  
If yes, at what time and where is the pain? \_\_\_\_\_
- 53 What type of pillow is most comfortable for you and what type have you tried that did not work?  
\_\_\_\_\_
- 54 Do you use body pillows?  Yes  No  
If yes, how many and how do you use them? \_\_\_\_\_