Are you getting enough ZZZs?

- Do you snore?
- Have you been told that you stop breathing during sleep?
- Do you have difficulty falling asleep and/or staying asleep?
- Do you find it difficult to stay alert and awake during waking hours?
- Do you experience a tingling, crawling feeling or nervousness in your legs when trying to sleep?
- Do you have nighttime heartburn, pain or discomfort?
- Is your sleep affected by your sleep environment or the sleep difficulties of a bed partner?
- Do you wake up gasping for air or trying to catch your breath?
- Do you suffer from morning headaches?
- Does your mouth feel dry when you wake up?
- Do you have a history of hypertension, stroke, irregular heart rhythm, or coronary artery disease?

If you answered “yes” to any of the above questions, then you may be suffering from a sleep disorder.

Rate Your Sleep: □ Poor  □ Fair  □ Good

If you have questions or concerns about your sleep, talk with your physician or call The Sleep Lab at (307) 577-2833.

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