

Completing this simple test could lead to better health. It could even save your life. If your answers indicate sleep apnea is a possibility, share the test with your physician.

- _____ 1. I have been told that I snore.
- _____ 2. I have been told that I stop breathing while I sleep.
- _____ 3. I have gained weight.
- _____ 4. I suffer from high blood pressure.
- _____ 5. I feel fatigued during the day.
- _____ 6. I suffer from morning headaches.
- _____ 7. I have lost interest in sex.
- _____ 8. I sweat excessively during the night.
- _____ 9. I suddenly wake up unable to breathe.
- _____ 10. My family and friends say that they have noticed a change in my personality.

If you marked three or more of these questions, you show symptoms that are associated with sleep apnea.

- _____ 11. I have been told that I kick in my sleep.
- _____ 12. I experience a "creepy, crawly" sensation in my legs.
- _____ 13. I have excessive daytime drowsiness.
- _____ 14. I have been told that I am a restless sleeper.
- _____ 15. I awaken with sore or achy muscles.
- _____ 16. I often have trouble staying asleep throughout the night.

If you marked three or more of these questions, you show symptoms that are associated with Myoclonus or Restless Leg Syndrome.

- _____ 17. I have fallen asleep while driving.
- _____ 18. I experience vivid nightmares soon after falling asleep.
- _____ 19. No matter how hard I try to stay awake, I fall asleep.
- _____ 20. I fall asleep throughout the day.
- _____ 21. I feel paralyzed when I am waking up or falling asleep.
- _____ 22. I feel like I am hallucinating when I fall asleep.

If you marked three or more of these questions, you show symptoms that are associated with Narcolepsy.

- _____ 23. I feel afraid to go to sleep.
- _____ 24. I have trouble falling asleep.
- _____ 25. Thoughts run through my mind, preventing me from going to sleep.
- _____ 26. It often takes me an hour or more before I fall asleep.
- _____ 27. I wake up in the middle of the night unable to return to sleep.

If you marked three or more of these questions, you show symptoms that are associated with Insomnia.

Upon completion of the quiz, if you feel that you may suffer from one or more of these sleep disorders, please bring this quiz to the attention of your physician.

Sleep Apnea is a life threatening sleep disorder which frequently causes you to stop breathing. It can happen hundreds of times per night while you sleep and you may not even be aware it is happening.

Myoclonus or Restless Leg Syndrome is an unpleasant feeling that occurs in the legs when a person is sitting or lying still, especially at bedtime.

Narcolepsy is a lifelong disorder that is characterized by uncontrollable sleep attacks during the day. Insomnia is the inability to fall or stay asleep.