



ARE SLEEP PROBLEMS KEEPING YOU AWAKE AT NIGHT?

Do you snore loudly or snore most nights?

Are you overweight?

Do you stop breathing or have you been told you stop breathing during sleep?

Are you tired or sleepy during the day, even though you slept through the night?

Do you have high blood pressure?

Have you fallen asleep while driving, even though you slept through the night?

Are you having trouble at work or school because of sleepiness?

Do you often wake up with a headache?

Do you kick while sleeping?

Is it hard to keep your legs still at night, feeling as if you have to move them?

If you can answer “yes” to two or more of these questions, you may be suffering from a sleep disorder such as sleep apnea, narcolepsy or restless legs syndrome. Contact your healthcare provider or the Carle Sleep Center for more information.