



Have you ever taken medicine (prescription or over-the-counter) to help you go to sleep or to help you stay awake?

Medication	Reason Used	Dosage	How Often

List any known allergies \_\_\_\_\_

Please rate the following statements using a scale of 0-3 (0-would **never** doze, 1-**slight** chance of dozing, 2-**moderate** chance of dozing, 3-**high** chance of dozing)

Sitting and Reading	
Watching TV	
Sitting, inactive in a public place (i.e. a theater or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

If employed, what are your usual working hours: Start \_\_\_\_\_ am/pm Stop \_\_\_\_\_ am/pm  
 What time on weekdays do you usually go to bed \_\_\_\_\_ am/pm get up \_\_\_\_\_ am/pm  
 How do you normally awaken? Alarm Clock Spontaneously Other \_\_\_\_\_  
 How many hours per week do you work? \_\_\_\_\_ hours

	Yes	No
Do you work split shifts (work day broken into two or more separate work periods)?		
Does your job involve weekend work?		
At the present time, do you work more than one job?		
Does your work involve traveling across time zones?		
Do you snore?		
Does anyone complain about your snoring?		
Do you hold your breath or stop breathing during sleep?		
Do you ever awaken wheezing or short of breath?		
Do you have restless sleep?		
Do you sweat excessively during the night?		
Do you ever wet the bed?		
Are you bothered by sleepiness during the day?		
Have you ever had a car accident because of falling asleep at the wheel?		
Any family history of narcolepsy?		
Do you feel refreshed after a short nap?		
Do you feel you are depressed?		
Are you often awakened by noise or other environmental factors?		
Have you ever performed a complex act such as driving a car to the wrong destination and not remember how you did it?		
Do you awaken with headaches?		
Do your legs twitch or kick during the night while you sleep?		

	Yes	No
Do you have leg cramps or crawling sensations in your legs while you're trying to go to sleep?		
Do you awaken with leg cramps?		
Is your sleep ever disturbed by indigestion, gas, or heartburn?		
Do you grind your teeth during sleep?		
Do you awaken from sleep screaming, violent, and confused?		
Are you bothered by frequent awakenings during the night?		
Do you have trouble getting to sleep?		
How long does it usually take you to go to sleep?		
Is it difficult for you to awaken and get out of bed after sleeping?		
How long does it take you to feel alert and functioning after sleeping?		

When falling asleep at night, do you ever:

Have thoughts racing through your mind?		
Feel sad or depressed?		
Feel muscle tension?		
Feel afraid that you might not be able to go to sleep?		

Do you ever have episodes of sudden muscle weakness (paralysis or inability to move) when:

Laughing		
Angry		
Startled		
Going to sleep		
During the night		
Upon awakening		
During the day		

Have you ever used any street drugs?

Marijuana		
Cocaine		
Hallucinogenic drugs (LSD, mescaline, PCP)		
Stimulants (uppers, diet pills)		
Depressants (downers)		
Narcotics (heroin, morphine, opium)		
Other (glue sniffing, etc.)		

For each of the beverages listed below, write the average amount you drink daily:

	# Per Day	Morning	AM	PM
Coffee				
Decaffeinated coffee				
Tea				
Soft drink				
Decaffeinated soft drink				
Alcoholic beverages				

