Sleep Quiz

This simple quiz is designed to alert you to any problems resulting from poor quality sleep. Once detected, most sleep disorders can be corrected.

A sleep study is a procedure that uses sophisticated equipment to measure progressive bodily changes during sleep. The results of a sleep study allow your doctor to diagnose a variety of sleep disorders.

Scoring Guide

Questions 1 through 8
If you marked three or more boxes, you show symptoms of INSOMNIA — a persistent inability to fall or stay asleep.

Questions 9 through 21
If you marked three or more boxes, you show symptoms of SLEEP APNEA — a life threatening disorder which causes you to stop breathing repeatedly during sleep.

Questions 22 through 35
If you marked three or more boxes in section three, you show symptoms of NARCOLEPSY — a lifelong disorder characterized by uncontrollable sleep attacks during the day.

Questions 36 through 42
If you marked two or more boxes, you show symptoms of GASTROESOPHAGEAL REFLUX — a disorder caused when acid from the stomach “backs up” into the esophagus during the night.

Questions 43 through 50
If you marked two or more boxes, you show symptoms of NOCTURNAL MYOCLONUS or RESTLESS LEG SYNDROME — a disorder characterized by pain or crawling sensations in the legs.

How To Get Started

1. Take your completed sleep quiz to your doctor.
2. Ask your doctor if a sleep study at Chambersburg Hospital is right for you.

For more information, call (717) 267-7162

Chambersburg Hospital
an affiliate of Summit Health

112 North Seventh Street • Chambersburg, PA 17201
www.SummitHealth.org

If you have experienced any of the following in the last year, check the box.

- 1. I have difficulty falling asleep.
- 2. Thoughts race through my mind, and this prevents me from sleeping.
- 3. I feel afraid to go to sleep.
- 4. I wake up during the night and can’t go back to sleep.
- 5. I worry about things and have trouble relaxing.
- 6. I wake up earlier in the morning than I would like to.
- 7. I lie awake for half an hour or more before I fall asleep.
- 8. I feel sad and depressed.
- 9. I’ve been told that I snore.
- 10. I’ve been told that I stop breathing while I sleep, although I don’t remember this when I wake up.
- 11. I have high blood pressure.
- 12. My friends and family say they have noticed changes in my personality.
- 13. I am gaining weight.
- 14. I sweat excessively during the night.
- 15. I have noticed my heart pounding or beating irregularly during the night.
- 16. I get morning headaches.
- 17. I have trouble sleeping when I have a cold.
- 18. I suddenly wake up gasping for breath.
- 19. I am overweight.
- 20. I seem to be losing my sex drive.
- 21. I feel sleepy during the day even though I slept through the night.
- 22. I have had trouble concentrating in school or at work.
- 23. When angry or surprised, I feel like I’m going limp.
- 24. I have fallen asleep while driving.
- 25. I feel like I go around in a daze.
- 26. I have had vivid dream-like scenes upon falling asleep or waking up.
- 27. I have fallen asleep during physical effort.
- 28. I feel like I am hallucinating when I fall asleep.
- 29. I feel like I have to cram a full day into every hour to get everything done.
- 30. I have fallen asleep when laughing or crying.
- 31. I have trouble at work or school because of sleepiness.
- 32. I have vivid nightmares soon after falling asleep.
- 33. I fall asleep during the day.
- 34. No matter how hard I try to stay awake, I fall asleep anyway.
- 35. I feel unable to move when I am waking up or falling asleep.
- 36. I wake up with heartburn.
- 37. I have a chronic cough.
- 38. I have to use antacids almost every day/week for stomach trouble.
- 39. I have morning hoarseness.
- 40. I wake up at night coughing or wheezing.
- 41. I have frequent sore throats.
- 42. During the night I suddenly wake up gasping for breath.
- 43. Other than when exercising, I still experience muscle tension in my legs.
- 44. I have noticed (or others have told me) that parts of my body jerk during sleep.
- 45. I have been told I kick at night.
- 46. I experience aching or “crawling” sensations in my legs at night.
- 47. I experience leg pain during the night.
- 48. Sometimes I can’t keep my legs still at night.
- 49. My muscles are sore and achy when I wake up.
- 50. Even though I slept through the night, I still feel sleepy during the day.