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SLEEP DISORDERS-PAIN MANAGEMENT

1. I have been told that I snore.
2. I have been told that I hold my breath while I sleep.
3. I have high blood pressure.
4. My friends and family say that I'm often grumpy and irritable.
5. I wish I had more energy.
6. I sweat excessively during the night.
7. I have noticed my heart pounding or beating irregularly during the night.
8. I get morning headaches.
9. I suddenly wake-up gasping for breath.
10. I am overweight
11. I seem to be losing my sex drive.
12. I often feel sleepy and struggle to remain alert.
13. I frequently awake with a dry mouth.
14. I have difficulty falling asleep.
15. Thoughts race through my mind and prevent me from sleeping.
16. I anticipate a problem with sleep several times a week.
17. I wake up and cannot go back to sleep.
18. I worry about things and have trouble relaxing.

- 19. I wake up earlier in the morning than I would like to.
- 20. I lie awake for half an hour or more before I fall asleep.
- 21. I often feel sad and depressed.
- 22. I have trouble concentrating at work or school.
- 23. When I am angry or surprised, I feel like my muscles are going limp.
- 24. I have fallen asleep while driving.
- 25. I often feel like I am in a daze.
- 26. I have experienced dreamlike scenes upon falling asleep or awakening.
- 27. I have fallen asleep in social settings such as movies or at a party.
- 28. I have trouble at work because of sleepiness.
- 29. I have dreams soon after falling asleep or during naps.
- 30. I have "sleep attacks" during the day no matter how hard I try to stay awake.
- 31. I have had episodes of feeling paralyzed during my sleep.
- 32. I wake up at night with an acid/sour taste in my mouth.
- 33. I wake up at night coughing or wheezing.
- 34. I have frequent sore throats.
- 35. During the night I suddenly wake up feeling like I'm choking
- 36. Other than when exercising, I experience muscle tension in my legs.
- 37. I have noticed (others have commented) that parts of my body jerk during sleep.
- 38. I have been told that I kick at night.

- 39. When trying to go to sleep I experience an aching or crawling sensation in my legs.
- 40. I experience leg pain or cramps at night.
- 41. Sometimes I can't keep my legs still at night, I need to move them to feel comfortable.
- 42. Even though I sleep during the night, I feel sleepy during the day.