



# The Insomnia Survey

Everybody has trouble sleeping sometimes. But if you find yourself unable to sleep well and feeling tired throughout the day, you may have a sleep disorder. Please consider each question and answer 'yes' or 'no'.

Questions	Yes	No
Do you have trouble falling asleep (for example: taking more than 30 minutes to fall asleep on most nights)?		
Do you have trouble staying asleep (for example: waking up in the middle of the night)?		
Do you find yourself waking up too early (for example: waking up before your alarm by more than 30 minutes most mornings)?		
Do you find yourself feeling exhausted even though you believe you got enough hours of sleep?		
Do you find yourself unable to function well because of tiredness?		
Do you find yourself having bad dreams or nightmares on a regular basis?		
Do you find yourself feeling anxious about bedtime because you are worried about being able to fall asleep or stay asleep?		
Do you have trouble breathing properly while sleeping? Do you wake up because you feel suffocated, breathless, or are coughing?		

*Please note:* This is **not a formal diagnostic tool** but can be a useful conversation starter with your doctor or therapist. Feel free to print this out and bring it to your next appointment.