



# Does His Snoring Keep You Up At Night?

How well you sleep affects job performance, how you feel during the day, and most importantly your health. One-half of adults suffer from a sleeping problem. If untreated, these sleep disorders can lead to high blood pressure, stroke and heart attack. This sample test can help identify if you may have a sleeping problem.

## Sleep Test

1. Do you snore?
2. Have you or have others observed that you stop breathing or gasp for breath during sleep?
3. Are you tired or sleepy during the day despite getting seven or eight hours of sleep?
4. Do you have trouble staying awake and alert when driving?
5. Do you frequently have trouble falling asleep or do you awaken frequently during the night?
6. Do you feel unpleasant, tingling, creeping or nervousness in your legs when trying to sleep?
7. Do you take medication to help you fall or stay asleep?

*If you answered **YES** to any of these questions, you may have a sleep problem. Most sleep problems can be treated easily once they are correctly diagnosed. Please consult your Primary Care Physician to discuss possible treatments.*



200 Gamble Drive, Lincolnton, NC 28092  
[www.lincolnmedical.org](http://www.lincolnmedical.org)