

Could You Benefit From a Sleep Study?



Do you wake up feeling exhausted no matter how much sleep you get? Do you snore loudly, struggle to stay awake during the day, or find yourself lying awake for hours unable to fall asleep? These are all signs that something may be interfering with your sleep — and you don't have to just live with it.

Take our short quiz below and print or save a digital version for your appointment with your primary care provider to start the referral process.

Do you snore loudly?	☐ Yes ☐ No
Do you wake up feeling groggy even after being in bed 8-10 hours?	☐ Yes ☐ No
Are you frequently drowsy during the day?	☐ Yes ☐ No
Have you noticed decreased energy and difficulty concentrating?	☐ Yes ☐ No
Do you ever awaken suddenly at night gasping for breath or with a choking feeling?	☐ Yes ☐ No
Do you suffer from high blood pressure?	☐ Yes ☐ No
Is your neck circumference greater than 15.75 inches?	☐ Yes ☐ No
Do you have a body mass index of more than 35? (Find the BMI calculator here: https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)	☐ Yes ☐ No