

# SLEEP DIAGNOSTICS, INC

[www.sleepwellmt.com](http://www.sleepwellmt.com)

400 W. Granite, Butte MT 59701

406-782-4595

Fax 406-782-4355

**You have an appointment at Sleep Diagnostics Inc. For an all-night “sleep study”**

PATIENT NAME	TIME	DAY OF WEEK	MONTH	DAY OF MONTH

**Directions:** We are the corner of Washington and Granite Street. Take Montana Ave go North. Take left onto Granite and go down 2 blocks to Washington St. We are on the left hand corner. Parking is out front or on the side.

**Keep this first page**---please complete all paperwork and mail it back in envelope provided.

**(24 HOURS NOTICE IS REQUIRED TO AVOID A \$100.00 CANCELLATION FEE)**

**\*\*\*If you are coming due to excessive sleepiness please have someone drive you and pick you up \*\***

**ON THE DAY OF YOUR SLEEP STUDY: Do not take any naps if possible.**

1. Eat meals as usual, but don't drink caffeinated drinks (such as coffee, cola or tea) after 1:00 pm.
2. Please make certain that your hair is clean and **DRY**. Do not use hair oils such as VO5 or Brillo Cream.
3. Please perform nighttime routine AT HOME: Brush your teeth, Wash your face etc. Do not apply any lotion to your face or legs.
4. Take your medications as instructed by your physician (if you take them right before bed then bring them with you to take at that time)
5. For men: If you have a beard please consider shaving before coming in. (It is best to have a shaved chin if possible☺) If you do not wish to have a shaved chin, please leave your beard a bit longer rather than short and stubbly. A goatee style works nicely.
6. For women: You will need to **REMOVE YOUR NAIL POLISH!** (don't get your nails done prior to the study or we will have to mess it up ☺)
7. If you have long hair, it would help to loosely braid your hair. There is **NO SHOWER** available in the morning.

**WHAT TO BRING: DO NOT BRING A GUEST UNLESS THEY ARE A DIRECT CAREGIVER AND APPROVED BY OUR STAFF**

1. Bring nightwear to sleep in, (should be 2-piece, cotton is best) (**t-shirt and shorts are ideal**)
2. Bring medications that you take before bed, including any sleep aids. We do not provide sleep medication. If you have a sleep aid that you take regularly, bring it with you. If you don't take a sleep aid regularly, we would prefer to see a normal night of sleep. If you feel strongly that you may not be able to sleep, then talk to your doctor about a sleep aid. You will need to have a family member or friend give you a ride home the next day. Remember to bring glucose testing if you have it in the event you need to test your glucose levels.
3. Bring your insurance cards, reading material (if you read before bed), snack (if you snack before bed – refrigerator/ microwave is available)

**What is a sleep study?**

A sleep study is an all-night study designed to provide vital information about your sleeping health by monitoring various signals from your body. These signals include: brain-waves, heart activity, muscle activity, eye movements, breathing patterns and oxygen levels. The signals are obtained from small sensors attached to you scalp, face and body. No needles are used and you should not experience any unusual discomfort. Sleep studies help to identify causes of various sleep-related health disorders and to plan for effective treatment.

**What is the procedure during a sleep study?**

It will take a sleep technician about 40 minutes to attach small sensors to your head, chest stomach and legs and you will be asked to fill out short pre-sleep questionnaire. After set up you can unwind as usual (read, or watch TV). The tech will monitor you from another room. If you need anything just ask aloud in a normal speaking voice and the tech will come into the room to aid you. You can use the restroom at any time in the night, it is an easy process (urinal is available upon request). If a breathing problem is observed during your study the tech may awaken you to ask you to try a device that treats breathing problems during sleep. Generally the tech will discuss this with you prior to bed. The device is PAP (Positive Airway Pressure) and it includes a small mask that fits over your nose or silicone plugs in your nostrils.

**What is the procedure after a sleep study?**

It will take approximately 10-14 working days for the study results to get back to your primary care physician. He/She will contact you concerning the results. A copy of the interpretation and a sleep center survey will be mailed to you.

**\*\*\*BILLING PROCEDURE: There are two parts to a sleep diagnostic testing bill. The technical component is what is performed on the night of your sleep study. A board certified sleep specialist will bill the professional component of the sleep study for his/her interpretation report. (Just like when you have an x-ray. You get a separate bill from the radiologist)**

**NOTE: FIREARMS ARE NOT PERMITTED IN THE SLEEP CENTER**

## **TYPES OF CARE/SERVICE AVAILABLE**

Sleep Diagnostics' offers the following services

- Diagnostic in-facility testing
- Split Night in-facility sleep testing
- Titration in-facility sleep testing
- CPAP titration in-facility testing
- Multiple Sleep Latency Testing
- CPAP and supplies for non-Medicare/Medicaid patients
- Nocturnal pulse oximetry testing

## **CARE and SERVICE LIMITATIONS**

Sleep Diagnostics' has the following limitations to care and services

- Weight limit for in-facility testing is 425lbs with exception from medical director
- Age criteria is 5yr-90yr (Special considerations if  $\geq 3$ yr or  $\leq 95$ yr must be approved by Medical Director)
- Patient must be able to transfer into and out of bed independently or caregiver must be present
- Patient must be able to perform activities of daily living independently
- Medications are never dispensed by our staff. Patients must come with any medications that they need to take.

## **HOURS OF OPERATION**

Sleep Diagnostics' office hours are Days Mon-Fri 8:00 AM to 5:00 PM Sleep studies are by appointment only Mon-Sun 7:00 PM to 7:00 AM.

## **CONTACT INFORMATION**

Sleep Diagnostics' contact information is as follows:

Phone Number: 406-449-8999 extension 1      Toll Free 1-855-449-8999

Fax Number: 406-449-8989

Website: [www.sleepwellmt.com](http://www.sleepwellmt.com)

## **CHARGES FOR SERVICES**

Sleep Diagnostic will provide a copy of the charges for services time of service.

Clients can call the contact information listed above prior to service and request verbal confirmation of the charges for any services scheduled.



**History section: Please put an X in front ONLY THOSE THAT APPLY AND Describe how long you have had the problem.**

<input type="checkbox"/>	Insomnia (difficulty falling or staying asleep)	
<input type="checkbox"/>	Restless Sleep	
<input type="checkbox"/>	Non-Restorative Sleep (waking unrefreshed)	
<input type="checkbox"/>	Frequent nighttime awakenings	
<input type="checkbox"/>	Excessive sleepiness during the day	
<input type="checkbox"/>	Snoring	
<input type="checkbox"/>	Witnessed Sleep Apnea (pauses in breathing during sleep)	
<input type="checkbox"/>	Nightmares	
<input type="checkbox"/>	Sleepwalking	
<input type="checkbox"/>	Acting out dreams (punching, kicking, grabbing?)	
<input type="checkbox"/>	Moderate Memory Issues	

**Bedtime Habits: Please fill in your answers to the right.**

My normal bedtime is at: \_\_\_\_\_  
 I usually get up for the day at: \_\_\_\_\_  
 It usually takes me \_\_\_\_\_ minutes to fall asleep  
 I am awake \_\_\_\_\_ times in the night  
 I wake up for this/these reasons: \_\_\_\_\_  
 I am usually awake at the following times in the night: \_\_\_\_\_  
 The total time I am awake in the night is \_\_\_\_\_ minutes

**Symptoms section: Please MARK THE FREQUENCY**

I have difficulty breathing through my	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I wake with a dry mouth.	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I am incontinent (wet the bed)	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I wake with heartburn	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I wake with night sweats	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I wake short of breath	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I wake gasping	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I wake with headaches	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I wake with pain	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
If yes what kind of pain? _____								

**Please put an X in front of ONLY THOSE THAT APPLY and remark on the days per week on average that you do this**

\_\_\_\_\_ I drink caffeinated beverages within 2 hrs of bed Days per week on average that you do this \_\_\_\_\_  
 \_\_\_\_\_ I drink alcohol within 2 hours of bed Days per week on average that you do this \_\_\_\_\_  
 \_\_\_\_\_ I use nicotine (smoke/chew/vape) within 2 hrs of bed Days per week on average that you do this \_\_\_\_\_  
 \_\_\_\_\_ I take medications to aid sleep Days per week on average that you do this \_\_\_\_\_  
 If yes which medication \_\_\_\_\_

**Smoking / Vaping History: DO YOU OR DID YOU SMOKE or VAPE or BOTH? CIRCLE ONE PLEASE**

Number of Years you have SMOKED if never, write NEVER \_\_\_\_\_ (SMOKING) Avg. packs per day over that whole time? \_\_\_\_\_  
 Have you quit smoking for good? \_\_\_\_\_ If you have quit FOR GOOD, what year did you quit? \_\_\_\_\_  
 If you still smoke how many packs per day do you smoke? \_\_\_\_\_  
 Number of Years you have VAPED if never, write NEVER \_\_\_\_\_ (VAPING) Avg. # of puffs per day over that whole time? \_\_\_\_\_  
 Have you quit vaping for good? \_\_\_\_\_ If you have quit FOR GOOD, what year did you quit? \_\_\_\_\_  
 Do you vape nicotine OR marijuana OR BOTH? \_\_\_\_\_  
 If you still vape, how many puffs of vaped material do you vape per day? \_\_\_\_\_

**Caffeine, Alcohol and Tobacco section: Please indicate how many of each of the following do you consume PER DAY?**

Coffee w/ caffeine- 6 oz cups	_____	Per day	Wine – 6 oz glasses	_____	Per day
Soda w/ caffeine -12 oz cans	_____	Per day	Hard Liquor in ounces	_____	Per day
Tea w/ caffeine 12 oz glasses	_____	Per day	Beer – 12 oz can	_____	Per day
Energy drinks(Monster-Red Bull)	_____	Per day	Cigarettes – packs	_____	Per day
Water 8 oz glasses	_____	Per day	Chewing Tobacco – cans	_____	Per day
Chocolate in ounces	_____	Per day	Cigars - number	_____	Per day

**Special Needs: Please put an X in front of all that apply**

Surgical History Please check all that apply		OTHER MEDICAL HISTORY Please check all that apply	
<input type="checkbox"/>	Cardiac bypass (CABG)	<input type="checkbox"/>	Coronary Artery Disease
<input type="checkbox"/>	Cardiac stents	<input type="checkbox"/>	Heart Attack
<input type="checkbox"/>	I have a pacemaker	<input type="checkbox"/>	High blood pressure even if treated
<input type="checkbox"/>	Lung resection	<input type="checkbox"/>	Atrial Fibrillation
<input type="checkbox"/>	Cardioversion for atrial fibrillation	<input type="checkbox"/>	Other cardiac arrhythmia
<input type="checkbox"/>	Pneumothorax with chest tube	<input type="checkbox"/>	Which arrhythmia? _____
<input type="checkbox"/>	Tonsillectomy	<input type="checkbox"/>	Blood clots in lung
<input type="checkbox"/>	Adenoidectomy	<input type="checkbox"/>	Deep Vein Thrombosis
<input type="checkbox"/>	Gastric Bypass	<input type="checkbox"/>	High Cholesterol
<input type="checkbox"/>	Septoplasty (deviated nasal septum repair)	<input type="checkbox"/>	Congestive Heart Failure
<input type="checkbox"/>	Sinus surgery	<input type="checkbox"/>	Stroke
<input type="checkbox"/>	Jaw advancement surgery	<input type="checkbox"/>	Chronic Fatigue
<input type="checkbox"/>	Other facial surgery _____	<input type="checkbox"/>	Depression
<input type="checkbox"/>	I have a Vaso-vagal nerve stimulator in place	<input type="checkbox"/>	Anxiety
<input type="checkbox"/>	I have an Inspire Device implanted	<input type="checkbox"/>	Diagnosed Dementia
<input type="checkbox"/>	Other _____	<input type="checkbox"/>	Bipolar Disorder
<input type="checkbox"/>	Other _____	<input type="checkbox"/>	PTSD
		<input type="checkbox"/>	Other: _____
<input type="checkbox"/>	I have a hearing aid or hearing loss	<input type="checkbox"/>	I need assistance getting in and out of bed
<input type="checkbox"/>	I wear dentures	<input type="checkbox"/>	I use a cane or walker to walk
<input type="checkbox"/>	I wear my dentures at night	<input type="checkbox"/>	I sleep with more than 1 pillow under my head
<input type="checkbox"/>	I wear incontinence pads to bed	<input type="checkbox"/>	I use a wheelchair
<input type="checkbox"/>	I have incontinence issues at night	<input type="checkbox"/>	I need to sleep in a recliner

**Sleep Habit section: Please MARK THE FREQUENCY**

I have an irregular sleep schedule	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
Pets in my home disturb my sleep	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
My pets sleep in my bedroom	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
My sleep is disturbed by caring for others	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
My productivity is down because of my sleep	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I use tobacco when awake at night	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I grind my teeth at night	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I am a shift worker	<input type="checkbox"/>	Evenings	<input type="checkbox"/>	Nights	<input type="checkbox"/>	Rotating	<input type="checkbox"/>	

**Motor Vehicle section: Please mark the frequency and explain further if required**

I fall asleep while driving	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
Please explain								
I pull over to nap to avoid sleeping while driving	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
I have had a motor vehicle accident because I fell asleep	<input type="checkbox"/>	Never	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
Please Explain _____								

**Put an X in front of the severity of your sleep problem (how you perceive it to be)**

<input type="checkbox"/>	Mildly Upsetting
<input type="checkbox"/>	Moderately Upsetting
<input type="checkbox"/>	Very Severe
<input type="checkbox"/>	Extremely Severe
<input type="checkbox"/>	Totally Incapacitating
<input type="checkbox"/>	I don't think I have a sleep problem

**Oxygen, CPAP, and HTN section: Put an X in front of ONLY THOSE THAT APPLY & answer all questions or explain further.**

<input type="checkbox"/>	I want help with my sleep problem	_____
<input type="checkbox"/>	I am willing to wear CPAP if necessary	_____
<input type="checkbox"/>	I am <b>NOT</b> willing to wear CPAP (WHY NOT?)	_____
<input type="checkbox"/>	I am claustrophobic	_____
<input type="checkbox"/>	Other blood relatives have sleep problems (WHO and WHAT?)	_____
<input type="checkbox"/>	I wear oxygen (WHAT setting, WHEN and WHO is your company)	_____
<input type="checkbox"/>	I wear CPAP (WHAT is you settings and WHO is your company and what MASK do you wear? FULL FACE OR NASAL?)	_____
<input type="checkbox"/>	I have high blood pressure	_____
<input type="checkbox"/>	I take medication to help control high blood pressure	_____

**Insomnia and Mood section: Please put an X in front of ONLY THOSE THAT APPLY and mark the frequency**

<input type="checkbox"/>	I have insomnia	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	My insomnia is related to stress						
<input type="checkbox"/>	My insomnia is related to pain						
<input type="checkbox"/>	I feel depressed	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	I feel anxious	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	My mind races when I'm trying to fall asleep	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	I sleep better in an unfamiliar place						
<input type="checkbox"/>	I sleep worse in an unfamiliar place						
<input type="checkbox"/>	I read, TV in bed	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	My sleep is disturbed by being too hot	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	My sleep is disturbed by being too cold	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently

**Eye Questions: Please put an X in front of ONLY THOSE THAT APPLY and MARK the frequency**

<input type="checkbox"/>	My eyes are dry	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	My eyes are red	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	My eyes are irritated	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>	Frequently
<input type="checkbox"/>	I have been told I have glaucoma	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>	
<input type="checkbox"/>	I have an Ophthalmologist	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>	
The last time I had my eyes checked was:							

**Movement / Position section: Please put an X in front of ONLY THOSE THAT APPLY and remark on the frequency if applicable**

Unpleasant sensations in my legs <u>keep me from falling asleep.</u>		Rarely		Occasionally		Frequently
Does the above symptom begin or worsen when you try to rest?		YES		NO		
Does the above symptom worsen in the evening or closer to bedtime?		YES		NO		
Is the above symptom partially or fully relieved after you move your legs, even if just for a moment?		YES		NO		
How many nights per week do your leg issues cause insomnia?		Nights per week				
I have nighttime leg cramps		Rarely		Occasionally		Frequently
I prefer to sleep on		Back		Sides		Belly
I sleep on my back		Never		Rarely		Occasionally
						Frequently

**Nap and Other section: Please mark the frequency and explain if required**

I take intentional naps		Never		Rarely		Occasionally		Frequently
How many naps per week on average?		Per week						
How many naps per day on average?		Per day						
How long do you nap for each time on avg?		Minutes						
After I nap I feel refreshed		Never		Rarely		Occasionally		Frequently
I dream when I nap		Never		Rarely		Occasionally		Frequently
I have hallucinations as I'm falling asleep		Never		Rarely		Occasionally		Frequently
I have hallucinations as I'm waking up		Never		Rarely		Occasionally		Frequently
I can't move sometimes even though I know I am awake		Never		Rarely		Occasionally		Frequently
I have episodes of muscle weakness at times of emotional intensity (laughing or crying really hard)		Never		Rarely		Occasionally		Frequently
<b>***IMPORTANT***</b> If yes to episodes of muscle weakness, Please use this space to describe these episodes <b>IN DETAIL</b>								

List any allergies you have include environmental, tape, food, medication and metals:

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Please list any previous sleep testing that you have had. Where you had the testing, when and what the results were

Date of Testing	Where testing was performed	What type of Testing	Results of Sleep Testing

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

### EPWORTH SLEEPINESS SCALE – (ESS)

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? Even if you haven't done some of these activities recently, think about how they would have affected you. > 8 may indicate excessive daytime sleepiness. A score of 8 or more is considered excessively sleepy

Use this scale to choose the most appropriate number for each situation:

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

It is really important that you report a number of 0-3 on each of the questions.

SITUATION	Chance of Dozing 0-3
Sitting and reading	
Watching television	
Sitting inactive in a public place such as a theater or a meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances would permit that	
Sitting and talking to someone	
Sitting quietly after lunch (where you have had no alcohol)	
In a car, while stopped for a few minutes in traffic	
<b>Total Score</b>	

### STOP BANG QUESTIONNAIRE

	YES	NO
Do you <b>S</b> nore loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?		
Do you often feel <b>T</b> ired, fatigued, or sleepy during the day (such as falling asleep during driving or talking to someone)?		
Has anyone <b>O</b> bserved you stop breathing or choking /gaspings during your sleep?		
Do you have or are you being treated for high blood <b>P</b> ressure?		
Is your <b>B</b> ody mass index more than 35 kg/m <sup>2</sup> ?		
Are you <b>A</b> ged – older than 50?		
Is your <b>N</b> eck size large: For male, is your shirt collar 17 inches or larger? For female, is your shirt collar 16 inches or larger? (Measured around the Adam's apple)		
Is your <b>G</b> ender male?		
<b>TOTAL NUMBER OF YES ANSWERS</b>		

Each **YES** question is worth 1 point and 4 or more points is positive for suspected sleep apnea.



# BED PARTNER SURVEY

Please have a spouse, family member, or someone who has observed you sleeping, complete this page

Name of Patient: \_\_\_\_\_  
 Name of Observer: \_\_\_\_\_

Briefly describe the individual's sleep problems. How long have you noticed these sleep problems?  
 How often do they occur? Why do you think they need a sleep study? How is their sleep problem negatively affecting your life?

**Bed Partner section: Please put an X by all that apply and remark on the frequency if applicable**

	He/ She snores		Rarely		Occasionally		Frequently
	If yes state the level of		Quiet		Medium		Loud
	He/She kicks when sleeping		Rarely		Occasionally		Frequently
	He/ She falls asleep involuntarily during the day		Rarely		Occasionally		Frequently
	He/She is hard to wake in the morning		Rarely		Occasionally		Frequently
	He/She wakes up in the night		Rarely		Occasionally		Frequently
	He/She wakes with a snort or gasp		Rarely		Occasionally		Frequently
	He/She stops breathing in sleep		Rarely		Occasionally		Frequently
	If yes what body position is it related to		Back		Side		Doesn't matter
	He/She acts out their dreams? IE: Punches, kicks, yells and can remember if you wake them what they were dreaming about and why their actions match what was happening in the dream?				How often?		

Patient  
Name \_\_\_\_\_

Date at Beginning of  
week \_\_\_\_\_

<b>Complete at Bedtime</b>	Day 1	Day 2	Day 3	Day 5	Day 5	Day 6	Day 7
Naps (Number, time, length of naps)							
Alcoholic Drinks (How many and what time)							
Overall Stress level during the day: High Moderate Low							
Rate how you felt Overall today: Very tired/sleepy Somewhat tired/sleepy Fairly Awake Wide Awake							
Irritability overall today: None Some Moderate Very High							

<b>Complete in Morning</b>	Day 1	Day 2	Day 3	Day 5	Day 5	Day 6	Day 7
Time you went to Bed							
Estimated time it took to fall asleep							
Estimated number of awakenings							
Estimated total time spent awake							
Time you work up for the day							
Estimated amt. of sleep in hours							
Please add any additional notes:							