



Palos Pulmonary
& Intensive Care

_____ I have hallucinations or dreamlike images when I am not actually asleep but while falling asleep or waking up

INSOMNIA

Check of any of the following statements that apply to you.

- _____ I have trouble falling asleep at night
- _____ When I do not sleep, I worry about it the next day
- _____ When I wake up during the night, I have trouble going back to sleep
- _____ I wake up in the morning long before I have to
- _____ Some nights, I never get to sleep no matter how hard I try
- _____ When I try to go to sleep, my mind races with many thoughts
- _____ At night when I go to bed, I do not feel sleepy
- _____ I often sleep better in an unfamiliar bedroom, such as a hotel or motel room
- _____ When I try to fall asleep I become anxious or nervous
- _____ When I try to fall asleep I worry about whether or not I can sleep
- _____ When I try to fall asleep I often feel hungry or thirsty
- _____ I feel pain when I attempt to fall asleep
- _____ Pain sometimes/often wakes me up or keeps me from going back to sleep
- _____ I have a creepy, crawling sensation in my legs when I lie down to sleep
- _____ When I do sleep, I feel I have slept very well
- _____ I am a very light sleeper and easily awake up
- _____ My sleep is disturbed because of my bed partner
- _____ Hot or cold weather disturbs my sleep
- _____ Generally I get up in the middle of the night for a snack
- _____ Other members of my family have been hyperactive or hyperkinetic as children
- _____ Other members of my family have the same problem that I do