

Doctor Discussion Guide: Insomnia



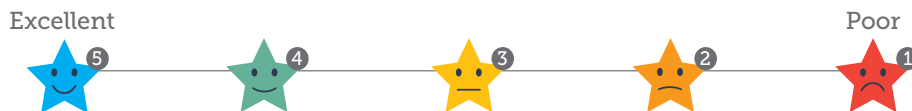
Addressing Insomnia

Lack of sleep can be detrimental to your health, so it is important to understand the causes of your insomnia. Things like job or family worries, erratic schedules, and late-night use of electronics can greatly contribute to your lack of sleep. In order to track and eventually address these factors, experts suggest that people experiencing insomnia keep a journal of sleep patterns and habits (we've provided a sample one for your use on the flip side of this page). The next time you go to the doctor you can bring the discussion guide below and your sleep journal to give your healthcare professional insight on how to help you with your insomnia.

Answer the Questions Below to Help Describe Your Insomnia:

1. How long have you had difficulty sleeping? _____
2. On most days, how do you feel when you wake up? _____

3. On average, how many hours do you sleep per night? _____
4. Do you have the most trouble: (check all that apply) Falling asleep Staying asleep
5. How well would you rate the quality of your overall sleep? (circle one)



6. Do you think your sleep troubles are negatively affecting your productivity during the day?
 Yes No
7. What food or drinks do you often consume within three hours of going to bed? _____

8. Do you use electronics shortly before trying to sleep? Yes No
9. Are you exercising? Yes No If yes, how often and at what time of the day? _____

10. Are you employing any non-medication remedies for your insomnia? Yes No
If yes, please describe: _____