

Doctor Discussion Guide: Insomnia

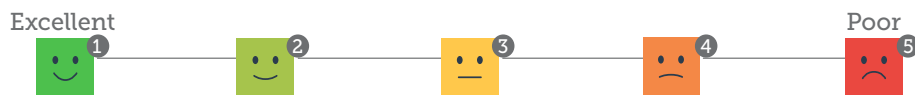


There are several strategies you can employ to combat insomnia. But first, you should evaluate—or reevaluate—your sleep habits. Keep a journal to track your sleep patterns (you can use the one on the flip side of this page). Bring your sleep journal and responses to the prompts below to your next doctor appointment. With these tools in hand, you and your doctor can look for answers together—and hopefully get closer to the sound sleep and deep rest you deserve.

Fill out before your appointment:

1. On average, I'm sleeping this many hours per night: ☐ Weekdays ☐ Weekends

2. At the moment, I would rate the quality of my sleep as:



3. When I wake in the morning, I feel:

☐ Refreshed ☐ Neutral ☐ Irritable ☐ Tired ☐ Exhausted

4. Since we last spoke, I've:

☐ Reduced electronic use before bed ☐ Stopped eating large meals before bed
☐ Limited my alcohol consumption ☐ Increased my physical activity
☐ Cut my caffeine intake ☐ Other: _____

5. I'm taking the following medications and/or dietary supplements to help me sleep: _____

Questions to ask your doctor:

1. What should I do to create and follow a productive nighttime routine? _____
2. Are there any alternate treatments or therapies that you think I should try? _____
3. What are some resources I can use to talk about my insomnia? _____



Find more insomnia tools and information at:
[HealthCentral.com/insomniaguide](https://www.healthcentral.com/insomniaguide)