



## Sleep Disorders Screening Checklist

**Use the following Checklist to determine if you have symptoms of a Sleep Disorder.**

If you have symptoms, you should talk to your doctor or call OmniSleep to schedule an evaluation.

**SIGNS AND SYMPTOMS OF SLEEP APNEA**

- Excessive sleepiness or fatigue during the day with one of these symptoms:
- Regular snoring
- Gasping or choking during sleep
- High Blood Pressure
- Frequent urination at night
- Obesity
- Large neck size (>17" in men, >16" in women)
- Morning headache
- Gastro-esophageal (Acid) reflux

**SIGNS AND SYMPTOMS OF PERIODIC LIMB MOVEMENTS OF SLEEP (PLMS)**

- Known Restless Leg Syndrome (a waking discomfort of the legs, usually described as tingling or crawling sensation—sometimes relieved by activity such as walking)
- Excessive sleepiness or fatigue during the day
- An aching or soreness of the legs upon waking in the morning
- Observed jerking of the legs during sleep

**SIGNS AND SYMPTOMS OF NARCOLEPSY**

Narcolepsy can only be diagnosed after other sleep disorders have been ruled out.

- Severe excessive daytime sleepiness—an uncontrollable urge to sleep
- Hypnagogic hallucinations—vivid hallucinations or dreams when falling asleep
- Cataplexy—Episodes of muscular weakness or collapse
- Sleep paralysis—Inability to move upon waking

**SIGNS AND SYMPTOMS OF INSOMNIA**

OmniSleep offers a multi-disciplinary approach to insomnia treatment.

- Difficulty initiating sleep
- Difficulty maintaining sleep
- Insufficient length of sleep

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