

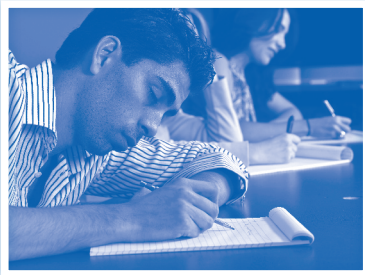
# EAST CAROLINA NEUROLOGY

GREENVILLE, NORTH CAROLINA

## Sleep Disorders Questionnaire

There are over 70 million Americans that suffer from some type of sleep disorder. When an individual does not receive a good night's rest, every aspect of his or her life can be affected. When left untreated, sleep disorders can lead to more severe health consequences, such as cardiovascular and nervous system damage. The physicians at East Carolina Neurology are committed to developing an individualized treatment plan for your sleep care disorders.

**To help us determine if you suffer from a sleep disorder, please answer yes or no to the following questions:**



**Yes No**

- Do you snore?
- Do you feel sleepy while driving?
- Do you have frequent pauses in breath during sleep?
- Do you feel as though you are in a daze throughout the day?
- Do your restless nights cause you to be tired throughout the day?
- Is your sleep restless every night?
- Do you awake from sleep in the middle of the night with a feeling of panic?
- Do you have morning headaches?
- Do you experience frequent urination at night?
- Does your heart beat irregularly during sleep?
- Do you experience chest pains during sleep?
- Do you wake up with shortness of breath?
- Do restless legs keep you from falling asleep?
- Do you doze off or fall asleep in situations that you should be awake and alert?
- Do you lie awake for more than half an hour before you fall asleep?

If you answered yes to any of the above questions, you could suffer from a sleep disorder. Your East Carolina Neurology physician can diagnose and effectively treat your sleep disorder. A sleep study may be indicated.

2280 Hemby Lane • Greenville, NC 27834  
Monday – Friday • 8am – 5pm  
Call 252-752-4848 for appointments