

SLEEP QUESTIONNAIRE

Please answer to the best of your knowledge

Has anyone ever told you that you snore?

Do you feel tired or fatigued during the day?

Do you feel you have restless or fitful sleep?

Do you experience choking, snorting or gasping during sleep?

Do you waken in the morning still feeling tired or groggy?

Do you fall asleep sitting, reading or watching TV?

Do you get morning headaches or frequent headaches?
