



Sleep Review of Systems

Bed time week days

Bed time weekends

Wake time week days

Wake time weekends

How long does it take to fall asleep at bedtime

How long does it take to fall asleep if awoken from sleep

How many times do you wake from sleep

Headaches after or during sleep

Morning dry mouth

Morning sore throat

Refreshed after sleep

Nasal congestion

Sleepiness

Accidents

Memory problems

Fatigue

Mood problems

Able to concentrate

Napping (when, how long, how often)

Snoring

Witnessed apneas

Arousals (how many each sleep period)

Gasping or choking

Reflux

Sleep paralysis

Hallucinations

Leg movements when sleeping

Restless legs

Leg cramps

Nocturia

Sleep walking

Acting out during sleep

Weight gain