

# Do you need a sleep study?

**Bristol Hospital Sleep Center can help!**

- ▷ Do you have trouble falling or staying asleep?  Yes  No
- ▷ Have you been told you snore?  Yes  No
- ▷ Do you wake up choking or gasping for air?  Yes  No
- ▷ Do you have trouble staying awake?  Yes  No
- ▷ Do you feel sleepy while driving?  Yes  No
- ▷ Do you wake up with headaches?  Yes  No
- ▷ Do you have high blood pressure?  Yes  No
- ▷ Are you overweight?  Yes  No
- ▷ Do you feel compelled to move your legs and can't keep them still?  Yes  No
- ▷ Do you kick your bed partner in the night without realizing?  Yes  No
- ▷ Do you have sleep paralysis?  Yes  No
- ▷ Do you have vivid dreams?  Yes  No
- ▷ Do you have hallucinations when falling asleep or waking up?  Yes  No
- ▷ Do you ever experience muscle weakness when angry or surprised?  Yes  No

If you answered yes to one or more of these questions, you may have a sleep disorder and can benefit from a sleep study.