

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | Is it really insomnia?

You may find as you start tracking that your difficulty sleeping may be due to something else such as sleep apnea, restless legs syndrome, or periodic limb movement disorder. Here are some questions to ask yourself to make sure:

Apnea

Do you snore more than 3 times a week?	Yes / No
If yes, is your snoring loud enough to wake others (or wake you up)?	Yes / No
Do you wake up gasping for air?	Yes / No
Has a bed partner seen you stop breathing or gasp for air while you sleep?	Yes / No
Do you wake up multiple times a night?	Yes / No
Do you often wake up uncomfortably warm, especially when the room temperature should be comfortable?	Yes / No
Are you overweight?	Yes / No
Has anyone in your family been diagnosed with sleep apnea?	Yes / No

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Restless Legs

When you are trying to relax or sleep, do you have an irresistible urge to move your body?	Yes / No
When you have this urge to move, does moving relieve discomfort (such as pain, aching in the muscles, or a "crawling" feeling)?	Yes / No
Is the urge to move greatest at night and least likely in the morning?	Yes / No

PLMD

Are your covers a mess, or twisted around you, when you wake up?	Yes / No
Has a bed partner complained that you kick while you are sleeping?	Yes / No