



Sleep Health Disorder Checkup

Have you been told you snore loudly? ☐Yes ☐No

Have you been told that you stop breathing at night? ☐Yes ☐No

Are you often tired during the day? ☐Yes ☐No

Is controlling your blood pressure difficult? ☐Yes ☐No

Do you awaken with shortness of breath? ☐Yes ☐No

Do you fall asleep while reading or watching TV? ☐Yes ☐No

Do you ever have trouble concentrating? ☐Yes ☐No

Have you been diagnosed with Sleep Apnea? ☐Yes ☐No

☐ **I want to learn about how sleep problems affect my health**

☐ **Do not contact me.**

Name: _____ e-mail: _____ Contact #: _____

Physician Use Only:

☐ **Reviewed, order sleep study, titration and treatment if positive for OSA.**

FAX to (888) 539-3001

☐ **Reviewed, do not order sleep study ; place in chart.**

Physician Signature: _____ Date: _____