

According to the American Sleep Disorders Association (ASDA), more than 77 million people are not getting the nightly sleep they need due to a sleep problem. Ninety-five percent of these cases will go undiagnosed.

After taking this quiz, if you are concerned you or a loved one might have a sleep disorder, you may want to ask your physician about visiting Skaggs Sleep Disorders Center.

Skaggs Sleep Disorders Center conducts a study of your sleep patterns while actually monitoring your breathing, movements and body positions as you sleep. A sleep study can identify more in one night of watching you sleep than a bed partner can discover in 30 years.

The Skaggs Sleep Disorders Center's team of physicians and sleep technicians can help you and your primary care physician determine the cause of your sleep problem. With a specially-trained physician reading your sleep study, you can be assured that you'll soon be sleeping like a log.



# EVALUATING YOUR SNORE SCORE

## QUESTIONS 1-5

If you answered "yes" to one or more of these questions, you show possible symptoms of insomnia. Insomnia is a disorder in which people have trouble falling asleep or staying asleep at night. This disorder is not life threatening but can be disruptive to a person's normal schedule.

## QUESTIONS 6-12

If you answered "yes" to two or more of these questions, you show possible symptoms of nocturnal myoclonus, also called "restless leg syndrome". This is a disorder characterized by numerous and periodic jerking of the legs at night. These could be due to a pain or a "crawling" sensation in your legs. Although not life-threatening, this disorder can be very disruptive to your daytime schedule due to disruption of your sleep.

## QUESTIONS 13-22

If you answered "yes" to three or more of these questions, you show possible symptoms of sleep apnea, which is a potentially life-threatening disorder. A person with sleep apnea stops breathing periodically throughout the night, in some cases up to 500 times per night.

Skaggs Sleep Disorders Center  
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# CHECK YOUR SNORE SCORE



*Use this quick quiz to make sure you're getting the zzzz's you need.*

A good night's sleep is important to everyone's health and overall well-being, however most of us take this for granted.

Between 10 and 30% of the adult population is plagued by sleeping disorders. These disorders range from apnea to nocturnal myoclonus to insomnia.

If you think you or a loved one might have a sleep disorder, take a few minutes to answer this self-evaluation.

Check your scores after taking the quiz. If your answers raise concern, please take the time to review the quiz and your answers with your family physician or call Skaggs Sleep Disorders Center, (417) 335-7558 for more information.

## INSOMNIA

- |                                                                               | YES                   | NO                    |
|-------------------------------------------------------------------------------|-----------------------|-----------------------|
| Do you lie awake for half an hour or more before falling asleep?              | <input type="radio"/> | <input type="radio"/> |
| Do you wake up during the night and cannot fall back asleep?                  | <input type="radio"/> | <input type="radio"/> |
| Do you have great difficulty falling asleep?                                  | <input type="radio"/> | <input type="radio"/> |
| Do you have thoughts racing through your mind that prevent you from sleeping? | <input type="radio"/> | <input type="radio"/> |
| Do you wake up earlier in the morning than you would like?                    | <input type="radio"/> | <input type="radio"/> |

## NOCTURNAL MYOCLONUS

- |                                                                                                   | YES                   | NO                    |
|---------------------------------------------------------------------------------------------------|-----------------------|-----------------------|
| Do you experience aching or "crawling" sensations in your legs?                                   | <input type="radio"/> | <input type="radio"/> |
| Do you experience leg pain during the night?                                                      | <input type="radio"/> | <input type="radio"/> |
| Have you been told that you kick at night?                                                        | <input type="radio"/> | <input type="radio"/> |
| Have you noticed that you can't keep your legs still at night and just have to move them?         | <input type="radio"/> | <input type="radio"/> |
| Have you or others noticed that parts of your body "jerk" at night?                               | <input type="radio"/> | <input type="radio"/> |
| Do you notice that even though you slept through the night, you still feel sleepy during the day? | <input type="radio"/> | <input type="radio"/> |
| Do you experience muscle tension in your legs even when you are otherwise relaxed?                | <input type="radio"/> | <input type="radio"/> |

*This quiz is not intended to be medical advice and should not be used as diagnosis or treatment. It should be used only as a source of education about sleep disorders.*



## SLEEP APNEA

- |                                                                                               | YES                   | NO                    |
|-----------------------------------------------------------------------------------------------|-----------------------|-----------------------|
| Have you been told you snore?                                                                 | <input type="radio"/> | <input type="radio"/> |
| Have you been told that you stop breathing during sleep, although you may not be aware of it? | <input type="radio"/> | <input type="radio"/> |
| Do you feel sleepy during the day even though you slept all night?                            | <input type="radio"/> | <input type="radio"/> |
| Have you been told that you have high blood pressure?                                         | <input type="radio"/> | <input type="radio"/> |
| Have you been told that you move or change positions frequently during the night?             | <input type="radio"/> | <input type="radio"/> |
| Do you have headaches in the morning?                                                         | <input type="radio"/> | <input type="radio"/> |
| Do you sweat excessively during the night?                                                    | <input type="radio"/> | <input type="radio"/> |
| Are you overweight or recently gained weight?                                                 | <input type="radio"/> | <input type="radio"/> |
| Do you seem to be losing your sex drive?                                                      | <input type="radio"/> | <input type="radio"/> |
| Have you had an accident or near-accident while driving because of sleepiness?                | <input type="radio"/> | <input type="radio"/> |