

TALK TO YOUR DOCTOR ABOUT HEALTHY SLEEP

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Doctors know that restful and regular sleep is just as important to health as exercise and a balanced diet. Talk to your doctor if you have any concerns about your sleep, and ask if a sleep test might be appropriate. Be sure to let him or her know if any of the following apply to you:

- I've been told that I stop breathing during sleep.
- My family tells me I snore.
- I'm tired all day, even after a full night's sleep.
- I have no energy.
- I frequently wake up with a headache.
- I nap—any time and anywhere I can!



QUESTIONS YOUR DOCTOR MAY ASK YOU

Be ready for your doctor to ask you some questions about your sleep habits, and be as thorough as possible when answering. If someone has seen you stop breathing during sleep, bring that person with you to describe what they see and hear, if possible.

- Do you wake up in the middle of the night choking or gasping for air?
- Do you find it hard to stay awake when you're sitting quietly, for example, when you're in a meeting at work or stopped at a traffic light?
- Do you have the energy to do the things you want to do?
- Do/did your parents or grandparents snore?
- Are you depressed?
- Do you have high blood pressure, heart disease or type 2 diabetes?

For more information, visit HealthySleep.com