

Questions Your Doctor May Ask

There's no sense in suffering another sleepless night. Sleep problems can be treated if you talk to your doctor. In discussing your sleep problems, your healthcare provider may ask you many of the questions below. Review this list before your appointment—you'll be setting the stage for a more helpful, productive consultation.

- Which of the following best describes your sleep problems: trouble falling asleep, trouble staying asleep, or waking up earlier than you would like to?
- How do you typically feel when you wake up in the morning: very refreshed, somewhat refreshed, or fatigued?
- Overall, how often do you have trouble getting a good night's sleep? Is it every night, several nights a week, once a week, once a month, or several times a year?
- How would you characterize your sleep problem: mild, moderate, or severe?
- How long have you had this sleep problem?
- Has your bed partner noticed anything unusual about your sleep? (Your partner may witness behaviors you aren't aware of, such as snoring or brief awakenings.)
- Have you had any recent changes in your life? Have you had any recent illnesses?
- Are you currently being treated for another health problem? (Be sure to tell your doctor about all medications you are currently taking.)
- What other steps have you taken to try to improve your sleep?
- What medications, if any, have you taken in the past to help you sleep? (Include both prescription and nonprescription medications.)
- How did you respond to the medications that you have taken?