



EAR • NOSE • THROAT
& Plastic Surgery Specialists

A. DANNY YAISH, D. O.
130 Warren Street, Suite 130
Beaver Dam, WI 53916
920.885.5225

4200 Savannah Drive
DeForest, WI 53532
608.417.3326

BOARD CERTIFICATION
Otolaryngology
Facial Plastic Surgery
Sleep Medicine

SLEEP PROBLEMS CHECKLIST

Patient: _____ Date: _____

What problem causes you to seek our help and how does it affect your life? _____

CHECK the box for each problem you CURRENTLY HAVE.

- Loud snoring with frequent awakenings
- Crawling feelings in legs when trying to sleep
- Leg-kicking during sleep
- Leg cramps in sleep
- Trouble falling asleep at night
- Trouble staying asleep at night
- Racing thoughts when trying to sleep
- Increased muscle tension when trying to sleep
- Fear of being unable to sleep
- Laying in bed worrying when trying to sleep
- Waking too early in the morning
- Sleep talking
- Sweating a lot at night
- Waking up with reflux (and/or heartburn)
- Nightmares
- Teeth grinding during sleep
- Morning headaches
- Morning dry mouth
- Sleepwalking
- Tongue biting in sleep
- Bedwetting
- Acting out dreams
- Uncontrollable daytime sleep attacks
- Falling asleep unexpectedly
- Falling asleep at work
- Falling asleep at school
- I use sleeping pills to help me sleep
- I use alcohol to help me sleep
- Pain interfering with sleep where is the pain?

For each symptom, please check the boxes that BEST DESCRIBES YOU

- | Never | Rarely | Sometimes | Usually | Always | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | When falling asleep, I feel paralyzed (unable to move) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I feel unable to move (paralyzed) after a nap |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have dream-like images (hallucinations) when I awaken in the morning even though I know I am not asleep |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I see vivid dream-like (hallucinations) either just before or just after a daytime nap, yet I am sure I am awake when they happen |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I am often unable to move (paralyzed) when I am waking up in the Morning |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I get "weak knees" when I laugh |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I get sudden muscular weakness (or even brief periods of paralysis, being unable to move) when laughing, angry, or in situations of strong emotion |