



the sleep-chat checklist

Before you chat with your doctor about sleep, take a minute to think through these questions. You can even use this checklist during your appointment to make sure your doctor gets all the information they need.

- I've been struggling with sleep for _____ weeks/months/years
- On average I get _____ hours of sleep per night
- Falling asleep is _____
(easy, hard, impossible)
- On average I wake up during the night _____ times
- If I wake up during the night it's _____ to go back to sleep
(easy, hard, impossible)
- Usually when I wake up in the morning I feel _____
(refreshed, OK, tired, drowsy)
- After a bad night of sleep my days feel _____
(normal, difficult, slow, stressful)
- I've tried these sleep solutions in the past: _____
- I didn't like how they made me feel _____
- I am currently treating my insomnia by _____ and I'm looking for another solution.

If you or your doctor suggests pharmaceutical treatment, don't forget to ask, "How do I monitor my progress with this treatment?"