NEWPORT LONGEVITY MEDICAL GROUP, INC.

Insomnia Questionnaire *

Please complete if requested by the staff and bring to your next scheduled appointment or fax earlier to: (949) 721-9121.

1. Do you experience difficulty falling asleep? Yes No
2. Does your mind race when you are trying to go to sleep? Yes No
3. Does it take you more than 20 minutes to fall asleep once the lights are off? Yes No
4. Do you experience a "second wind" (increased energy) at night? Yes No
5. Do you have difficulty staying asleep? Yes No
6. Do you wake up more than once a night? Yes No
7. Do you have difficulty getting back to sleep when awakened? Yes No
8. Do you frequently awaken between 2:00-3:00 AM? Yes No
9. Do you experience "restless legs" when trying to sleep? Yes No
10. Do you recall your dreams? Yes No
11. Do you sleep/nap during the day? Yes No
12. Do you have vivid or disturbing nightmares? Yes No
13. Do you feel groggy or sleepy when you wake up? Yes No
14. Do you work the "third shift" (work nights/sleep days)? Yes No
15. Are you depressed when the weather is overcast or cloudy? Yes No
16. Are you taking any sleeping aids (natural or prescription)? Yes No
17. Do you snore? Yes No
18. Do you have, or have you ever been diagnosed with sleep apnea? Yes No
19. Do you drink caffeinated drinks, or take stimulants/medications? Yes No
20. Do you have children or pets that sleep in your room or bed? Yes No
21. Do you exercise late in the day or at night? Yes No
22. Do you eat carbohydrate snacks (cookies, ice cream, etc.) before bed? Yes No
23. Do you eat anything between dinner and bedtime? Yes No
24. Do you drink any alcohol at night? Yes No
25. Do you have sinus problems, allergies, or asthma that gets worse at night? Yes No
26. Does your sleep partner snore or keep you awake due to restlessness? Yes No
27. Have you ever had a concussion or black out due to head trauma? Yes No

(females)

28. Is your insomnia related to your menstrual cycle? Yes No
29. Are you pre-, peri-, or post menopausal? Yes No
30. Have you had a hysterectomy? Yes No

*adapted from ARK