

SLEEP DISORDER CHECKLIST

DO YOU HAVE A SLEEP DISORDER?

Good sleep is the foundation for all your physiological and psychological functions. From decision making and mood to cardiovascular health and an effective immune system, your sleep matters.

If you experience one or more of these symptoms on a regular basis and without explanation, you may be dealing with a sleep disorder. The good news? The Hancock Health Sleep Center is committed to helping East Central Indiana get as many ZZZZZZs as possible.

YOU MAY BE DEALING WITH A SLEEP DISORDER IF YOU EXPERIENCE:

UNUSUAL SNORING PATTERNS

EXCESSIVE DAYTIME SLEEPINESS

MORNING HEADACHES

DRY MOUTH

RESTLESS SLEEP / FREQUENT WAKINGS

TROUBLE FALLING ASLEEP

DIFFICULTY CONCENTRATING DURING WAKING HOURS

TEETH GRINDING / JAW CLENCHING

UNINTENTIONAL CHANGES TO SLEEP SCHEDULE

DEPRESSION / IRRITABILITY

If you notice you are experiencing any of these symptoms, contact your provider for further assessment.



**SLEEP
CENTER**