



I SLEEP NEXT TO A CHAINSAW



"MARIA"
Insomnia sufferer

IF YOU ANSWER "TRUE" TO THREE OR MORE STATEMENTS, YOU SHOULD ASK YOUR DOCTOR IF LOURDES SLEEP LAB IS RIGHT FOR YOU.

snore? hold your breath while you sleep? have high blood pressure? frequently display grumpy or irritable behavior? wish you had more energy? sweat excessively during the night? ever notice your heart pounding or beating irregularly while sleeping? **experience morning headaches?** suddenly wake up and gasp for breath? need to lose weight? seem to be losing your sex drive? feel sleepy and struggle to remain alert? frequently awake with a dry mouth? have difficulty falling asleep? have thoughts race through your mind and prevent you from sleeping? **DO YOU** anticipate a problem with sleep several times a week? wake up and cannot go back to sleep? worry about things and have trouble relaxing? wake up earlier in the morning than you would like? lie awake for half an hour or more before falling asleep? often feel sad and depressed? have problems concentrating at work or school? **often feel like you are in a daze?** frequently drift to sleep while driving? feel like your muscles are going limp when you're angry or surprised? ever experience dreamlike scenes upon falling asleep or awakening? fall asleep in social settings such as movie theaters or parties? **wake up at night coughing or wheezing?** have "sleep attacks" during the day no matter how hard you try to stay awake? have episodes of feeling paralyzed during your sleep? wake up at night with an acidic or sour taste in your mouth? have dreams soon after falling asleep or during naps? **have frequent sore throats?** suddenly wake up feeling like you're choking? experience muscle tension in your legs other than during exercise? "jerk" parts of your body or kick your legs during sleep? have an aching or crawling sensation in your legs? **experience leg pain or cramps at night?**



I WENT TEN ROUNDS WITH MY TABLE LAMP



"STEVEN"
REM Sleep Behavior victim

*This test may help you recognize and detect symptoms of sleep disorders. The test is intended as a general source of educational information and does not contain medical advice. It should not be used for diagnosis or treatment. Receiving an evaluation by Lourdes Sleep Lab or your own personal physician is the best way to determine if you have a sleep disorder.

- INSOMNIA**
- SLEEP APNEA**
- LOUD SNORING**
- DAYTIME SLEEPINESS**
- NARCOLEPSY**
- PARASOMNIA**
- RESTLESS LEGS**



I TOOK A NAP DURING MY GRANDSON'S BAND CONCERT

Sleep is as important as food and air. Quantity and quality

are vital. You should wake up refreshed in the morning. You should feel energetic all day. Most people need between 7.5 to 8.5 hours of uninterrupted sleep. **Eliminate external disturbances.** If you want to press the snooze alarm in the morning you are not sleeping enough. Spend more time in bed. Keep regular hours. Go to bed and get up at the same time every day. **Wake up at the same time.** Introduce a bright light, like the sun, to help you wake up. This will also help you feel sleepy at the same time every night.

Go to bed only when you feel tired. Avoid all stimulants in the evening, including chocolate and caffeinated beverages. They will delay sleep and increase arousal during the night. You need deep sleep, which is the most refreshing. Only consume caffeine in the morning. Use your bed only for sleeping. Avoid watching TV, reading or using laptop computers in bed. Bright light from these activities may inhibit sleep. If it helps to read before sleep, use a low wattage bulb. A 15-watt bulb should be enough. Avoid bright light around the house before bed. Use dimmer switches in living rooms and bathrooms before bed. Don't stress if you are not sleeping enough. This will just make matters worse. Know you will sleep eventually. **Avoid exercise near bedtime.** No exercise at least 3 hours before bed. Don't go to bed hungry. Have a light snack, but avoid a heavy meal before bed. Bedtime routines are helpful. If you can't fall asleep for over 30 minutes, do something boring in dim light. Use a white noise generator, such as a fan.

SLEEP TIPS

Avoid looking at the clock. Alcohol will cause you to wake up throughout the night. Alcohol makes sleep apnea worse. Know that the "night cap" has a price. Ask your sleep partner if they notice any snoring, leg movements or pauses in breathing. **Keep your room at a comfortable temperature.**



"DELORES"
Chronic Narcoleptic

TAKE THIS INFORMATION AND TRY THE SLEEP TEST. YOU MAY HAVE A SLEEP DISORDER OR YOU MAY JUST NEED TO INCREASE YOUR AWARENESS ABOUT YOUR OWN SLEEP NEED. IF YOU HAVE ANY CONCERNS SEE YOUR DOCTOR.



(509) 542-2678 • 520 N. 4th Ave. in Pasco

This service made possible by the generous friends of **LOURDES** Foundation