

Philly by day



Philly by night

Philly's more fun when  
your sleep cycle's right.

Awake to Zzzzz! Learn more about  
sleep disorders at [www.awakeinphilly.org](http://www.awakeinphilly.org)



Awake in Philly  
Community Education Group



# How are you sleeping?

**If you spend your waking hours thinking about sleep, you may be suffering from excessive sleepiness.**

While many sleep problems are only temporary, millions of Americans do suffer from chronic sleep disorders. To see if you may be one of them, take this simple test.

**1. Do you feel fatigued or tired during the day?**

Most days     Some days     Rarely

**2. Do you have trouble concentrating on work?**

Most days     Some days     Rarely

**3. Do you suffer from a lack of motivation or energy?**

Most days     Some days     Rarely

**4. Do you fall asleep on the job or while riding in a car?**

Most days     Some days     Rarely

**5. Is your nighttime sleep interrupted by snoring or frequent waking?**

Most nights     Some nights     Rarely

## Scoring

**Give yourself:**

- 3 points for every “Most days/nights” answer.
- 2 points for every “Some days/nights” answer.
- 1 point for every “Rarely” answer.

**Evaluating your results**

4 – 7 points = Get some sleep. Reduce stress and caffeine consumption, especially in the evenings, and try to go to bed a little earlier. If your sleepiness does not improve, you may need to see a physician.

8 – 15 points = Call your primary care physician to set up an appointment. Discuss the possibility of seeing a sleep specialist.

Wake up and learn more about sleep disorders, visit

[www.awakeinphilly.org](http://www.awakeinphilly.org)