



# SLEEP DEPRIVATION

**Are you at risk?**

According to the Centers for Disease Control and Prevention, an estimated 70 million adults suffer from a sleep disorder.

Research shows that many sleep disorders may be associated with chronic diseases such as diabetes, depression and obesity. Insufficient sleep can impact daily living and impair reaction while driving, operating machinery or performing daily routine work.

Common symptoms of sleep disorders include:

- Frequently having difficulty falling asleep, staying asleep, or feeling tired after sleep
- Snoring, gasping for breath, or interrupted breathing during sleep
- Unpleasant tingling or nervousness in the legs during sleep

Think you may have a sleep disorder? Are you a night shift worker trying to adjust to an irregular sleep schedule?

**Take the sleep quiz on the reverse side to find out if you are at risk.**



## Personal Sleep Assessment

Using the scale below, choose the most appropriate number that describes your tendency. The higher your score, the greater chance you may have a sleep disorder.

- 0 – would never doze or sleep
- 1 – slight chance of dozing or sleeping
- 2 – moderate chance of dozing or sleeping
- 3 – high chance of dozing or sleeping

- \_\_\_\_\_ Sitting and reading
- \_\_\_\_\_ Watching TV
- \_\_\_\_\_ Sitting inactive in a public place
- \_\_\_\_\_ Being a passenger in a motor vehicle for an hour or more
- \_\_\_\_\_ Lying down in the afternoon
- \_\_\_\_\_ Sitting and talking to someone
- \_\_\_\_\_ Sitting quietly after lunch (no alcohol)
- \_\_\_\_\_ Stopped for a few minutes in traffic while driving
- \_\_\_\_\_ Total Score

**A score of 10 or more is considered sleepy.  
A score of 18 or more is very sleepy.**

If you score 10 or more on this test, you may benefit from a sleep study consultation with a sleep specialist at the McLaren Caro Sleep Center, a hospital based state-of-the-art facility specializing in the treatment of sleep disorders. To schedule an appointment, call (989) 672-5111.

McLaren Caro Region Sleep Center  
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