

Sleep Disturbance

Questions from the healthcare provider

Does the person have trouble falling asleep, staying asleep, or both?

What does the person think might be causing this?

How long do they sleep before waking in the night? What do they do when they wake up in the night?

What wakes the person in the night? If unsure, what do they think it might be?

How many times do they get up to use the bathroom in the night?

Do they wake in the morning feeling rested?

How long has this been going on? How often during the week, does this happen?

Has this ever happened before? What helped?

Does the person nod off or intentionally nap during the day? If so, where?

Does the person go to bed at the same time each evening? Is there a bedtime routine?

Has the activity level changed?

Does the person consume or use anything that may interfere with sleep? Coffee, tea, chocolate, energy drinks, alcohol, nicotine, or marijuana?

What medications are currently being taking?

What makes it hard to sleep? Sadness, anxiety, nightmares, problems breathing, pain?

Does the person have restless legs?

Do they take anything to help them sleep? What else is being done to help?

- Herbal remedies?
- Relaxation techniques?