

# Insomnia. It's a night *and* day issue.™

## A guide for shedding light on how insomnia affects your days



The daytime effects of insomnia are often overlooked—but they are an important part of the story.

The questions below will give you and your doctor a more complete understanding of insomnia's impact on your life. Bring the answers with you to your next appointment to help guide your discussion with your doctor.

**How does insomnia affect your nights?** (Check all that apply.)

- I have trouble falling asleep       I struggle to stay asleep       I wake early and can't go back to sleep

**How many nights per week does it affect you?** (Circle one.)

- 1      2      3      4      5      6      7

**How long have you been struggling with insomnia?** (Check one.)

- 1-3 months       3-6 months       6-9 months       9+ months



If insomnia is affecting your nights *and* days, ask your doctor if your insomnia treatment could be part of the issue.

**How does insomnia affect your days?** (Check one answer in each row.)

	Always	Often	Sometimes	Never (or N/A)
I'm too tired to spend time with family or friends				
I'm exhausted at work and have trouble doing my job				
I have trouble paying attention, focusing, or remembering things				
I miss (or am late for) work or school				
I feel irritable or emotional				
I have trouble going about my normal routine				
I have aches and pains				
I feel the need to take a nap to get through the day				
I take a sleep medicine but it makes me groggy the next day				



**Have a healthy discussion**

Sleep, along with diet and exercise, is a key component of your overall health, so this information is important to share with your doctor to ensure you get the best possible care.

