

# STARTING THE CONVERSATION

DayAfter  
Insomnia™

Ask your patients with insomnia these **3 questions** to help get the sleep discussion started.

**1.** Over the past 3 months, how much has poor sleep troubled you in general?



Not at all



Somewhat



Very much

**2.** Over the past 3 months, how many nights a week do you have difficulty sleeping?



0 or 1 night



2 to 4 nights



5 to 7 nights

**3.** How much does a night of poor sleep affect you the next day?



Not at all



Somewhat



Very much

Discussing these topics may provide insight into what your patients with insomnia are experiencing both night and day, and may help in the evaluation and treatment process.

