

Suburban Hospital Sleep Disorders Center

8600 Old Georgetown Road
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The Sleep Quiz

Are you getting enough sleep?

To find out if you're getting the sleep you need, check any of the following statements that apply to your current conditions.

- Falling asleep is hard for me.
- I have too much on my mind to go to sleep.
- When I wake up during the night, I can't go back to sleep.
- I snore so heavily at night it bothers others.
- I wake up with a headache.
- Even when I sleep all night, I feel tired in the morning.
- I fall asleep during the day at inappropriate times.
- I wake up too early.
- It takes me longer than 30 minutes to fall asleep.
- I am stiff and sore in the morning.
- I sometimes get sleepy when driving.

If one or more of the statements applies to you (within the past 6 months), you may want to discuss your sleep with your physician. Your physician or specialist can refer you to the Suburban Hospital Sleep Disorders Center.



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

Twelve Rules for Better Sleep

- Sleep as much as needed to feel refreshed and healthy during the following day, but not more. Excessively long times in bed may produce fragmented and shallow sleep.
- A regular wake-up time will strengthen your circadian clock and lead to regular times of sleep onset.
- To better initiate sleep, take a 20-minute warm bath or shower in the evening before bed.
- A steady, daily amount of exercise probably deepens sleep over the long run. Avoid evening exercise, which is stimulating.
- An excessively warm room will disturb your sleep and there is recent evidence that a cool room solidifies sleep.
- Although an occasional sleeping pill may be of some benefit, the chronic use of hypnotics may eventually be ineffective.
- Hunger may disturb sleep. A light snack (especially warm milk, yogurt or cheese and crackers) may help you initiate and maintain sleep.
- Caffeine in the afternoon or evening disturbs sleep, even in persons who do not feel it does.
- Alcohol may help you initiate sleep, but in the second half of the night sleep will be fragmented with more awakenings.
- When getting up at night, minimize the use of bright lights. A nightlight may be useful.
- Don't struggle to fall asleep. Try sitting quietly in bed listening to soft music or books on tape. It is best not to turn on the TV or computer with its stimulating and flashing images.
- Occasional loud noises disturb sleep even in people who do not awaken from them. Sound attenuating your bedroom might be advisable if you have to sleep close to excessive noise.

For questions on sleep studies please call:
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301-896-3039