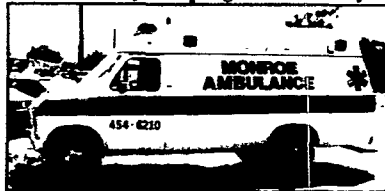


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For each question below, check the box if it applies to you.

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> 1. I have been told that I snore, gasp or quit breathing during my sleep, even though I do not remember.</li> <li><input type="checkbox"/> 2. I have high blood pressure.</li> <li><input type="checkbox"/> 3. I have awoken with my heart pounding or have skipped a beat during the night.</li> <li><input type="checkbox"/> 4. I frequently feel sleepy during the day, even though I sleep well at night.</li> <li><input type="checkbox"/> 5. I frequently awaken with headaches.</li> <li><input type="checkbox"/> 6. I have almost fallen asleep while driving or at work.</li> <li><input type="checkbox"/> 7. I have "sleep attacks" where I fall asleep even though I fight it.</li> <li><input type="checkbox"/> 8. I see vivid dream-like images when waking up or falling asleep.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> 9. I have suddenly fallen asleep when angered, surprised, saddened or scared.</li> <li><input type="checkbox"/> 10. I have awoken to find that, for several seconds, I could not move.</li> <li><input type="checkbox"/> 11. I have been told that my arms or legs jerk or kick during the night.</li> <li><input type="checkbox"/> 12. I often feel a "creepy crawly" sensation in my legs when lying in bed.</li> <li><input type="checkbox"/> 13. I often am awakened by leg cramps during the night, and have to walk around to relieve them.</li> <li><input type="checkbox"/> 14. I am bothered by recurrent frightening or bad dreams.</li> <li><input type="checkbox"/> 15. I am told that I frequently walk, talk or grind my teeth during my sleep.</li> <li><input type="checkbox"/> 16. I often feel sleepy and tired when changing work schedules or during frequent airline travels.</li> </ul> |
|---|---|

If you checked two or more statements, you may have *sleep apnea*, *narcolepsy*, *nocturnal myoclonus* or *parasomnia*.

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