

# Preparing for a Sleep Conversation

Sleep stress and daily rhythms | Adults | 10 to 15 minutes

## **Organize sleep concerns and questions for a healthcare or therapy appointment.**

You do not have to diagnose your sleep problem before asking for help. Bring a short description of what is happening, how it affects your day, and what you have already tried. This page can help you use appointment time well.

### **Describe the pattern and impact**

Note whether the difficulty involves falling asleep, waking, an irregular schedule, nightmares, or feeling unrefreshed. Estimate how often it happens and when it began. Include daytime sleepiness, concentration difficulties, or safety concerns. If you are too sleepy to drive safely, arrange another way to travel.

### **Bring useful questions**

Mention snoring, gasping, pain, medications, supplements, substance use, and changing work schedules when relevant. Ask what assessment is appropriate and whether a specific sleep treatment or referral may help. Do not change prescribed medication or begin a sleep restriction plan based on this worksheet.

### **My sleep concern, approximate start, and frequency are**

### **Its effect on my day and any safety concerns are**

### **Symptoms, schedules, medicines, or substances to discuss are**

### **What I have tried and the questions I want answered are**