

Sleep-wake disorders

Describing Sleep Concerns for My Healthcare Visit

Adults | 10 to 15 minutes

Different sleep concerns can look similar from the outside. Difficulty sleeping, unusual nighttime experiences, breathing concerns, or strong daytime sleepiness may need different kinds of assessment. Use observations to prepare a conversation instead of deciding the cause yourself.

Choose the main concern and note rough timing and impact. Include existing diagnoses or prescribed equipment only if relevant.

Organize observations

Separate what you experience from what someone else has observed. Include medications or schedule changes to discuss without stopping or adjusting them yourself.

Ask about next steps

Prepare questions about evaluation, safe daily activities, treatment options, and follow-up. If you are too sleepy to drive or do hazardous work safely, arrange a safer option.

1. What happens during sleep or attempts to sleep?**2. What daytime effect or safety concern does it create?****3. What relevant observations or care-plan details should I bring?****4. What assessment and follow-up questions do I want answered?****Clinical use and adaptation**

This is not a diagnostic inventory. Do not prescribe sleep restriction, light therapy, medication changes, or device settings. Acute breathing difficulty, severe confusion, or other emergency symptoms require urgent care; address dangerous sleepiness promptly.