

### **1. Narcolepsy**

#### **a. Do you sometimes fall asleep in the daytime completely without warning?**

- b. Is it literally impossible to resist 'sleep attacks' during the day?
- c. Do you have collapses or extreme muscle weakness triggered by extreme emotion?
- d. Do you have visual hallucinations, either just as you fall asleep or when you wake in the morning?
- e. Are you paralyzed and unable to move when you wake up from your sleep?

[Possible narcolepsy: 1a = "TRUE" AND (1b OR 1c OR 1d OR 1e = "TRUE")]

### **2. Sleep breathing disorder**

#### **a. Are you a very heavy snorer?**

- b. Does your partner say that you sometimes stop breathing?
- c. Do you often wake up gasping for a breath?
- d. Are you often excessively sleepy during the day or fall asleep without wanting to?

[Possible sleep breathing disorder: 2a = "TRUE" AND (2b OR 2c OR 2d = "TRUE")]

### **3. PLMS/ RLS**

#### **a. Do your legs often twitch or jerk or can't keep still in bed?**

- b. Is it very difficult to get to sleep because of repeated muscle jerks?
- c. Do you frequently wake from sleep with sudden jerky movements or with a compulsion to move your legs?
- d. Do you simply have to get out of bed and pace around to get rid of these feelings?

[Possible PLMS/ RLS: 3a = "TRUE" AND (3b OR 3c OR 3d = "TRUE")]

### **4. Circadian Rhythm Sleep Disorder**

#### **a. Do you tend to sleep well but just at the "wrong times"?**

- b. Can you sleep well enough, but only if you stay up very late?
- c. Are you in a very sound sleep at normal waking time and could sleep on for hours more?
- d. Can you sleep well enough, but only if you go to bed very early?
- e. Do you wake very early, bright and alert and no longer sleepy?

[Possible CRSD: 4a = "TRUE" AND EITHER (4b AND 4c = "TRUE") OR (4d AND 4e = "TRUE")]

### **5. Parasomnia**

#### **a. Do you have unusual behaviours associated with your sleep that trouble you or that are dangerous?**

- b. Do you sleepwalk frequently and run the risk of injuring yourself or others?
- c. Do you have frequent night terrors when you are extremely distressed but not properly awake?
- d. Do you act out your dreams and risk injuring yourself or others?
- e. Do you have terrible recurring nightmares?

[Possible parasomnia: 5a = "TRUE" AND EITHER (5b OR 5c OR 5d OR 5e = "TRUE")]