

It's time for a sleep check-up



Diet and exercise are two things your doctor might check on, but when is the last time you talked to them about your sleep?

Sleep is good medicine.

AASM American Academy of
SLEEP MEDICINE



How is your sleep?

Awful Not very good Okay Really good Fantastic



Do you feel refreshed during the day?

Never Rarely Sometimes Often Always



Do you snore?

Never Rarely Sometimes Often Always