

# 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