Use the following Checklist to determine if you have symptoms of a Sleep Disorder.
If you have symptoms, you should talk to your doctor or call OmniSleep to schedule an evaluation.

SIGNS AND SYMPTOMS OF SLEEP APNEA
- Excessive sleepiness or fatigue during the day with one of these symptoms:
  - Regular snoring
  - Gasping or choking during sleep
  - High Blood Pressure
  - Frequent urination at night
  - Obesity
  - Large neck size (>17” in men, >16” in women)
  - Morning headache
  - Gastro-esophageal (Acid) reflux

SIGNS AND SYMPTOMS OF PERIODIC LIMB MOVEMENTS OF SLEEP (PLMS)
- Known Restless Leg Syndrome (a waking discomfort of the legs, usually described as tingling or crawling sensation—sometimes relieved by activity such as walking)
- Excessive sleepiness or fatigue during the day
- An aching or soreness of the legs upon waking in the morning
- Observed jerking of the legs during sleep

SIGNS AND SYMPTOMS OF NARCOLEPSY
Narcolepsy can only be diagnosed after other sleep disorders have been ruled out.
- Severe excessive daytime sleepiness—an uncontrollable urge to sleep
- Hypnogogic hallucinations—vivid hallucinations or dreams when falling asleep
- Cataplexy—Episodes of muscular weakness or collapse
- Sleep paralysis—Inability to move upon waking

SIGNS AND SYMPTOMS OF INSOMNIA
OmniSleep offers a multi-disciplinary approach to insomnia treatment.
- Difficulty initiating sleep
- Difficulty maintaining sleep
- Insufficient length of sleep