

Mark Doidge MD

Toronto Touch Clinic

690 Queen St. East, Toronto Ont. M4M 1G9

Email: Torontotouchclinic@gmail.com Website: <http://www.torontotouchclinic.ca>

Last name: _____

First name: _____

Date Filled: _____ (D/M/YYYY)

Sleep Questionnaire

Introduction to Sleep Questionnaire

This questionnaire has two main objectives: to identify (1) physical and (2) psychological issues associated with your sleep. Psychological issues can potentially be corrected through your own common-sense strategies or psychotherapy or other psychological treatments such as cognitive behavioral therapy (CBT). Physical issues can sometimes be addressed with medication, medical devices, or environmental adjustments.

No one questionnaire can capture the full breadth of diversity of the sleep and dream experience. If you believe that the questionnaire has overlooked important issues for you, then you should indicate them in the patient's comments section.

The questions about dreams can be followed up by the subject or the subject in combination with their health care professional by having the subject provide detailed accounts of them. This could be quite important in situations including situations involving disturbing recurrent nightmares or post-traumatic dreams. (Some dreams are very positive and leave the person with good feelings such as many flying dreams. Artistic dreams seem to add a lot of color to our sleep experiences.) Many people find dreams very strange and may even think they are the only ones to have odd dream experiences. This can sometimes cause the person to hold back discussing them even when they are clearly upsetting.

You will see in this questionnaire that many of these odd experiences related to sleep and dreams have recognized names that generally have been included here to aid in diagnosis and assist the subject's understanding.

All technical terms in this questionnaire are capitalized and put in italics to aid with review. They are also defined.

All terms with an asterisk have been coined by the author. The remaining technical terms are in common usage in the literature of sleep medicine.

This questionnaire follows a certain order. It begins with relevant information from prior to going to sleep. Then it proceeds to ask about matters related to falling asleep, and then it goes on to ask questions related to sleep itself. Finally, it asks about problems from after awakening in the morning and about issues that continue during the day.

This questionnaire was created by a combination of approaches including extracting questions from other sleep questionnaires and drawing on 30 years of experience as a family doctor with some experience working in a sleep clinic, reading about psychoanalysis, working as a fibromyalgia consultant, and knowledge gained from doing research on brain waves in sleep.

In my fibromyalgia and family practice clinics I found this questionnaire to be a big-time saver. Doctors cannot possibly think of all the questions to ask. If the doctor never asks, then a problem may never be diagnosed. I have often been rewarded by this questionnaire whereby it revealed an important issue that would otherwise have gone overlooked.

This form can potentially be interpreted by trained personnel such as family doctors sleep experts, psychiatrists, or psychologists. A logical approach is to go over all the patient's main answers with them, i.e., questions which the answered with "sometimes" or "often" and then to check the answers and request more details. For example, if the patient reports traumatic dreams, then ask them to explain the dream in detail, including their sensory and emotional experiences during and after the dream.

Instructions:

For each question place a check mark in one of the three columns for "No" "Sometimes" or "Often". Leave the question blank if you would prefer not to say.

The next few sections relate to problems before sleeping, while getting to sleep or in planning for sleep.

Do you use any of the following sleep aids?

Type of Sleep Aid	No	Some- times	Often
Over-the-counter sleeping pills such as Sominex			
Prescription sleeping pills			
Normalizing sleep schedule to have a regular bedtime			
Hypnosis or hypnosis tapes			
Self-hypnosis (a voluntary form of meditation)			
EEG biofeedback (Neurotherapy). (New, not widely available.)			
Mental distraction techniques such as counting backward or serial subtractions (e.g., counting backwards by 17s from 10,000) or simple visual distraction such as counting sheep.			
Exercising to tire yourself out			

Acupuncture			
Alternative substances such as melatonin			
Warm milk			
Sleep teas, such as valerian			
Sleep diets or vitamins			
Avoiding stressful or exciting activities or TV show before bed			
Assigning a designated worry time hours before bedtime, followed by a no-worry zone for the rest of the night			
Meditation			
Relaxation techniques, such as <i>"progressive relaxation training"</i>			
Sleep state restriction. (This is a technique used by sleep doctors to place limitations on how much you sleep.)			
Biofeedback. (This is a rarely used technique done by sleep doctors.)			
Acupuncture and acupressure. (While normally thought of as a pain reduction method, it has been used for insomnia.)			
Massage			
Rocking yourself to sleep			
Winding down. (This is when you intentionally begin to relax, starting an hour or two before going to bed.)			
Drinking yourself to sleep with alcohol			
Cognitive behavioral therapy			
Psychotherapy or psychoanalysis			

Which of the above, if any, seem to work for you?

Problems Occurring during the Day which Could Affect the Ability to Sleep

Problem or Issue	No	Some-times	Often
Do you have fears of going to sleep? (This is called <i>Somnophobia</i> .)			
Do you have a fear that you will be killed in your sleep or that you will die in your sleep?			
Do you have a fear of being attacked, killed, or raped in your sleep?			
Do you have a fear of dreaming or a fear that a bad dream will restart when you go back to sleep?			
Do you suffer from fears of the dark?			
Do you dread bedtime because you expect a big war to fall asleep?			
Do you yawn excessively when bored?			
Do you get unusually tired when bored?			
Do you get very restless when bored?			
Do you tend to fall asleep excessively when bored?			
At times when you experience great deal of excitement, do you get overexcited (hyperarousal) and then have trouble sleeping?			
Do you yawn excessively during the day?			

Problems in Sleep Scheduling

Problem or Issue	No	Some-times	Often
Do you have irregular bedtimes?			
Are you a shift worker?			
Do you sleep excessively to escape from unhappiness?			

How many hours of actual sleep do you get on average, taking into consideration of good nights and bad nights? Number of hours: _____

What in your opinion are correctable factors that prevent you from keeping a regular bedtime?

Problems Occurring in the Hours Leading Up to Sleep

Problem or Issue	No	Some-times	Often
Do you neglect to wind down and try to relax in the hours leading up to sleep?			
Do you consider your bedroom to be your own private torture chamber?			
Do you experience a great deal of anxiety about sleeping before going to bed? (This is a key symptom of what is called <i>conditioned insomnia</i> .)			
Do you overexcite yourself before going to bed by watching TV shows that you find overstimulating or by getting involved in complex discussions and arguments?			
Do you have difficulty falling asleep if you are alone in the home?			
If, for any reason you have had a lot of pain during the day, do you have trouble sleeping the following night?			
If, for any reason, you have had trouble sleeping at night, will you generally have more pain the next day?			

Problems before Getting to Sleep when Trying to Get to Sleep

Problem or Issue	No	Some-times	Often
Do you have difficulty getting to sleep? (This is one form of insomnia.)			
On a typical night, how long does it take you to fall asleep? _____			
Do you have trouble shutting your brain off when you go to bed?			
Do you go through unusually elaborate procedures such as door locking routines, which you feel you must do in order to sleep? (If you have an overpowering need to do so, it is called <i>compulsion</i> .)			
Do you engage in late-night snacking?			
Before you go to sleep, do you suffer from racing thoughts in which your mind quickly jumps from one thought to another, creating a train of thought, which is hard to stop?			
Before falling asleep, do you worry too much, i.e., have thoughts that disturb you. (This called disturbing <i>pre-sleep mentation</i> * or rumination. It is sometimes considered a form of obsessional thinking.)			

Before you go to sleep, do you have restless legs with a creepy crawly feeling in them that is relieved only by moving them or getting up and walking around?			
If you answered often to the previous question, does your leg shaking interfere with your ability to get to sleep?			
Do you suffer from over-tiredness, a disturbing feeling of agitation coupled with tiredness due to sleep deprivation, which prevents you from getting to sleep? (This is sometimes called the “ <i>tired and wired</i> ” feeling.)			
Do you have muscle cramps such as in the legs causing pain, which keeps you from falling asleep?			
Do you have orthopedic pains, i.e., joint or bone pains from old injuries or operations that make it hard to get to sleep?			
Do you have a <i>pain-insomnia-pain cycle</i> in which you sleep poorly because of pain, and as a result, you experience even more pain due to poor sleep?			
Do you take precautions to protect against night intruders or being attacked in your sleep? If so, please explain in the comments section at the end.			
Do you experience a delay in falling asleep because your mind is preoccupied with morbid thoughts or thoughts of death?			

Problems Occurring during the Transition into Sleep (at the Moments of Falling Asleep) or at the Beginning of the Onset of Sleep

Problem or Issue	No	Some-times	Often
Do you feel like you are falling off the bed, a cliff, or a high place accompanied by a jerk of the muscles of your body? (This is called a <i>hypnic jerk</i> .)			
If you answered “often” to the previous question, do the jerks interfere with your ability to get to sleep?			
Do you have dreamlike experiences just as you are falling asleep or at the very beginning of sleep? (These are called <i>hypnagogic phenomena</i> .)			
While starting to fall asleep, do you have experiences in which you sense the presence, or visualize the presence of a good figure such as an angel? (The author calls this the * <i>“angelic presence,”</i> sometimes found along with the * <i>demonic presence</i> or <i>hag phenomena</i> .)			
Do you pick or tear at your skin with your fingernails as you are falling asleep. (This is called nocturnal neurotic excoriations*.)			

If you answered yes to the above question, do you believe there is some form of filth, germ, or insect under your skin?			
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Physical Complaints during Sleep

Problem or Issue	No	Some-times	Often
Do you have muscle cramps such as in the legs causing severe pain, which wake you from sleep? (If they occur in the legs, it is called a <i>nocturnal charley horse</i> *.)			
Do you grind your teeth during sleep? (This is called <i>sleep bruxism</i> .)			
Do you clench your teeth in your sleep?			
Do you claw your hands in your sleep?			
Are you a restless sleeper whereby the covers are all messed up in the morning?			
If you suffer from early morning awakening do you get up early in the morning and have problems going back to sleep even though you haven't had enough sleep?			
Do you walk in your sleep? (This is called <i>somnambulism</i> .) If so, what do you do?			
Do you talk in your sleep?			
Do you wet your bed in your sleep?			
Men: Do you have dreams that give you painful erections in your penis? (This is called <i>sleep-related painful erections</i> .)			
Have you been told that you move your head and neck to and fro in a rocking motion rhythmically just before you sleep or early during your sleep? (This is called <i>sleep-related head banging</i> or <i>jactatio capitis nocturna</i> . (Occasionally, it can involve the whole body.)			
Have you been told that you have epileptic seizures in your sleep? (This is called <i>sleep-related epileptic seizures</i> or <i>nocturnal seizures</i> .)			
Do you have an awareness that while you are sleeping, a good part of your sleep is occupied by thinking about a life problem? (This is not the same as dreaming. In fact, it is called sleep mentation.)			
Do you snore?			
If you answered "yes" to snoring, does it wake you or disturb your sleep?			

Does your bed partner snore?			
Does your bed partner's snoring disturb you?			
Do you sleep with a baby or young child in the room?			
Does the baby or young child disturb you while you are sleeping?			
Do you sleep with a pet?			
Do you worry during your sleep that something bad will happen to your baby while sleeping?			
Is your sleep disturbed by light?			
Is your sleep disturbed by temperature, i.e., feeling too hot or too cold?			
Do you wake up with a piercing scream or crying, typically during the first third of the night, followed by a period of anxiety during which you are inconsolable? (These are the main features of <i>sleep terrors</i> , also known as <i>pavor nocturnus</i> .)			
Do you stop breathing during your sleep? (This is called <i>sleep apnea</i> .)			
Do you wake up suddenly gasping for air? (This is called <i>paroxysmal nocturnal dyspnea</i> . It can relate to sleep apnea or medical conditions.)			
Do you find that saliva builds up in your mouth excessively and sometime trickles into your lungs, causing you to wake up choking and coughing? (This is called <i>sleep-related abnormal swallowing syndrome</i> .)			
Do you wake up with pain in your abdominal area (soft area above your waist but below your rib cage)?			
Do you have known heart problems such as angina diagnosed by your doctor and find that you wake up with chest pain associated with a bad dream? (These are called <i>nocturnal angina dreams*</i> .)			
Have you been told that you are totally un-arousable from sleep even when shaken or pinched quite hard?			

Dreams Occurring during the Night (But Not Just as You Fall Asleep or Just as You Wake Up)

Type of Dream	No	Some- times	Often
Do you have a nightmare that recurs in an identical or very similar form repeatedly? (These are called <i>recurrent nightmares</i> .)			
Do you have a very disturbing experience that occurred to you in real life, which you essentially relive during a dream? (These are called <i>traumatic dreams</i> or <i>post-traumatic dreams</i> .)			
Do you have dreams of being beaten or dreams that a child is being beaten?			
Do you have fearful dreams of falling? (These are called <i>falling dreams</i> .)			
Do you have pleasurable dreams of floating or flying? (These are called <i>kinesthetic</i> or <i>vestibular dreams</i> *. They involve hallucinatory feelings of the body moving through space.)			
Do you have dreams of being chased or trying to escape from an evil being? (These are called <i>chase dreams</i> . They are probably universal.)			
Do you have dreams of being raped or sexually endangered?			
Do you have dreams of an evil demon or figure on top of your chest while you are sleeping on your back? (If you are a female and the demon is a male then this is called the <i>incubus phenomena</i> . If you are a male and the demon is a female, then this is called the <i>succubus phenomenon</i> .)			
Do you have any dreams in which your flesh or that of another person is being bitten or eaten? (There are called <i>cannibalistic dreams</i> .)			
Do you have dreams in which you are trying desperately to achieve an aim, such as writing an exam, but you are intensely frustrated because nothing you do works? (These are called <i>frustration dreams</i> *.)			
Do you have dreams involving an intense feeling of jealousy, for example, seeing someone you love having sex with another person? (These are called <i>jealousy dreams</i> .)			
Do you have jealousy dreams? If yes, do they affect you the next day in becoming more of a jealous person?			
Do you have funny or comical dreams?			
Do you have artistic dreams in which you create some beautiful artistic scene or music?			
Do you have dreams that you are fighting in a war or battle of some kind?			

Do you have dreams in which your body is abruptly physically hurt such as stabbed or injured? (These are called <i>personal injury dreams*</i> .)			
Do you have dreams of being abducted by aliens? (These are called <i>alien abduction dreams</i> .)			
Do you have dreams of being starved?			
Do you have dreams of being poisoned or of a toxic substance damaging you?			
Do you have dreams of having a body part cut off such as you head, penis, or breasts? (These are called decapitation dreams, castration dreams, and mastectomy dreams.)			
Do you have dreams of being chopped to pieces or mutilated?			
Do you have dreams of being crushed, trampled by an animal, or a great weight pressing down on you? (This is a variant of the <i>personal injury dream</i> .)			
Do you have dreams of being trapped in an enclosure or in which you are trying to move or run but you cannot or cannot without great difficulty? (These are called <i>immobilization dreams*</i> .)			
Do you have dreams in which you are frantically searching to find something such as a drug you want? (These are called <i>search dreams*</i> .)			
Do you have dreams focusing on your own death or the death of others? (These are called <i>morbid dreams</i> .)			
Do you have dreams in which you kill another person? (These are called <i>homicidal dreams</i> .)			
Do you have dreams of a being that is half-dead and half-alive such as a ghost, vampire, or zombie?			
Do you have <i>epic dreams</i> in which you are at the center of some great adventure taking on challenges one at a time?			
Do you have dreams of fighting whereby you hit or kick your bed partner in real life during this “fight”? (This is called night fight*. It is a form of acting out of dreams called <i>REM sleep behavior disorder</i> .)			
Do you have a form of restlessness in which you move around a lot during your sleep trying to escape from somebody or something?			
Do you ever have dreams in which you have the impression that you are controlling the outcome or events in the dream while it is occurring? (This is called <i>lucid dreaming</i> .)			
Do you have exhausting dreams in which you frantically and in vain keep trying to do something? (For example, trying to catch a bus or make it to an exam on time or finish an exam.)			

Do you have any other types of dreams which you consider to be a problem?			
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Depth of Sleep

Problem or Issue	No	Some-times	Often
Have you ever been told that someone tried to wake you up, but you were totally or near totally un-arousable, even with a firm pinch? (This is called <i>hypo-arousability</i> .)			
Do you wake up to the slightest sound? (This is a symptom of <i>nocturnal hyper-vigilance</i> .)			
Do you listen carefully in your sleep for signs of danger such as problems in the breathing of a loved one or any indications of an intruder? (This is could be called <i>sentry sleeping*</i> or sleeping with one eye open. It is a form of <i>nocturnal hyper-vigilance</i> .)			
Do you sleep lightly because you are on guard against some danger happening to you or a loved one during the night?			
Do you wake up when the slightest amount of light comes into the room? (This is a symptom of <i>light sleep</i> .)			

What types of sounds are most likely to wake you up?

Other Causes for Arousals from Sleep

Do you wake up frequently because of your own body movements in your sleep?			
Do you wake up suddenly to gasp for air? (This is called <i>paroxysmal nocturnal dyspnea</i> . There are several subtypes.)			
Do you wake up perspiring?			
Do you wake up suddenly because acid shoots up from your stomach into your throat? (This is called <i>nocturnal acid reflux</i> .)			
Do you wake up when you reach a tense moment or dramatic moment during a dream?			
Do you wake up with a pain in your rectum even though you have no known rectal disease? (This is sometimes found in <i>proctalgia fugax</i> .)			

What types of sounds are least likely to wake you up even if loud? (i.e., what do you sleep through?)

***Problems That Typically Occur while Still Asleep as One Is Waking Up in the Morning
(Transitional Phenomena)***

Problem or Issue	No	Some- times	Often
Do you have strange dreamlike experiences as you are waking up in the morning? (These are called <i>hypnopompic phenomena</i> .)			
Do you feel paralyzed during your sleep and go into a panic until you can let out a scream or move a part of your body? (This is called <i>sleep paralysis</i> .)			
Do you have pains in your sleep that are connected to the content of a dream, for example, being injured in part of your body in the dream and then feeling pain in that area during the dream? (This is called <i>dream pain</i> *. It is a little different from <i>residual dream pain</i> whereby dream pain continues after the dream into the daytime.)			
Do you have flashes of thought while you are semiconscious (half-awake and half-asleep) before awakening in the morning? (This is called a <i>hypnopompic thought</i> .)			

Problems that Typically Occur Immediately After Waking Up

Problem or Issue	No	Some- times	Often
Do you have early morning visions or hallucinations whereby you wake much too early and have strange visions as soon as you wake up?			
When you wake up in the morning, do you ever sense the presence of an evil being or thing in the room? (This is called the <i>hag phenomenon</i> .)			
Do you wake up in the morning and have a vision that a deceased loved one is present in the room with you?			
Do you ever wake up from a dream in a very disturbed condition feeling mentally unstable?			
Do you ever wake up with strange physical sensations, such as feeling very light, feeling nauseated, thinking you smell something bad, or buzzing noises? (These are could be called <i>post-sleep sensations</i> *, or if they are tied to the content of a dream, <i>residual dream sensations</i> *.)			
Do you ever wake up screaming for no obvious reason as from a bad dream?			

Do you ever wake up with either a racing heart (<i>tachycardia</i>) or irregular heartbeat or pounding of the heart (<i>palpitations</i>)?			
Do you ever wake up with an attack of asthma? (This is called <i>nocturnal asthma</i> .)			
When you wake up, do you get pins and needles in your hands or elsewhere? (There are called <i>paresthesias</i> .)			
Do you ever wake up spontaneously on your own very suddenly in such a way that you quickly become very wide-awake? (This is called <i>paroxysmal hyper-arousal from sleep*</i> .)			
Do you wake up very suddenly and especially wide-awake from a dream with your heart racing? (This is called <i>paroxysmal hyper-arousal from REM with tachycardia*</i> . It occurs sometimes when the brain goes straight from <i>REM</i> to wakefulness.)			
Do you lash out aggressively if you are unexpectedly awakened?			
Do you wake up in the morning with pain in your jaw joints just in front of and below your ears?			
When awakened from a deep sleep, do you experience periods of prolonged confusion, disorientation, poor coordination, automatic behavior or varying degrees of amnesia? (This is called <i>confusional awakenings</i> or <i>nocturnal sleep drunkenness</i> .)			
Do you wake up with any other physical symptoms that you related to dreams not listed above?			
Do you have dreams in which you are intensely angry at someone, and then you wake up with a headache? (This is called <i>post-dream headache*</i> .)			
Do you have a fearful experience in your sleep or dream and wake up feeling very afraid? (This is called <i>residual dream fear*</i> .)			
Do you ever wake up from a dream in which you have wet the bed? (This is called <i>enuretic dreams</i> .)			
Do you wake up from sexual dreams reaching sexual climax? (In men these are called <i>wet dreams</i> .)			
Do you wake up screaming from bad dreams?			
Do you get angry during your sleep or dream and then wake up in the morning feeling very angry? (This is called <i>residual dream anger*</i> .)			
If you have dreams of an evil pursuing, chasing, or trying to hurt you, do you ever wake up believing it is true? (This is called <i>residual dream belief*</i> .)			
Do you wake up from dreams mentally exhausted? (This is a variant of the so-called <i>non-restorative sleep pattern</i> . The other variants seem to be due to inadequate overall quantity of sleep (<i>global sleep deprivation</i>) or <i>delta (slow wave) sleep deprivation</i> .)			

If you have dream pain, do you also wake up from the dream and find out that pain is still there? (This is called <i>residual dream pain*</i> .)			
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Typically, when you wake up from a disturbing dream, how long does it take you to figure out that it is only a dream and that it is not real? Time in minutes: _____

Problems That Occur in the First Hour after Awakening in the Morning

Problem or Issue	No	Some-times	Often
Do you generally wake up feeling unrefreshed? (This is called the <i>non-restorative sleep pattern</i> .)			
Do you wake up feeling unrefreshed even if you have had a full night of sleep?			
Do you have stiff muscles or joints in the morning, and if so, for how long?			
Do you wake up in the morning with jaw pain due to biting or grinding in your sleep?			
Are you unduly grumpy in the morning? How long does it last?			
Do you ever get up feeling fresh as a daisy?			
Do you ever sing to yourself in the first hour of the morning?			
Do you ever go to bed without a headache and then wake up in the morning with a headache or migraine?			
Do these headaches ever follow directly after a disturbing dream?			

Problems Extending Well into the Day

Problem or Issue	No	Some-times	Often
Do you suffer from an abnormal amount of sleepiness for much of the day? (This is called <i>excessive daytime sleepiness</i> .)			
Do you have a problem keeping fully alert at times during the day?			
Do you have irresistible fatigue (in which there is an overpowering need to sleep) during the day? (This is a symptom of <i>narcolepsy</i> .)			
Do you fall asleep at the wheel of a car?			
Do you drink a lot of caffeine during the day to try to improve your level of arousal?			
Do you take "uppers" or "bennies" or wake-up pills during the day to improve your level of arousal?			

Do you experience a powerful need to take a nap after lunch? (This is called an <i>irresistible siesta</i> *)			
Do you have a habit of napping?			
Do naps harm your ability to sleep at night?			
Do you have flashbacks during the day of traumatic experiences that happened to you in the past, which are like your traumatic dreams?			
Do you find that after a poor night of sleep, your mental concentration is poor?			
Do you have a problem with drowsiness whereby it affects your performance, driving, or coordination?			
Do you suffer from daytime hallucinations or waking dreams?			
Do you have a pattern of having increased muscular pains on awakening on days in which you have had a poor night of sleep?			
Do you find that the worse your sleep is, the more pains you will have the next day?			
Do you find that after a poor night of sleep, you will be agitated?			
Do you find that after a poor night of sleep, you will be overtired and therefore be in a state whereby you want to fall asleep the next night, but you cannot because you too agitated?			

Problems of Sleep Quantity

Problem or Issue	No	Some-times	Often
Do you spend too much time sleeping? (This is called <i>hypersomnia</i> .)			
Do you spend too little time sleeping? (This is called <i>short sleep syndrome</i> , or it may cause sleep deprivation syndrome.)			

How many times do you wake up during the typical night? _____

If you wake during the night, how long does it typically take you to get back to sleep? _____

Problems of Chronic Sleep Deprivation, i.e., Problems due to an Ongoing Problem of Inadequate Hours of Sleep, Poor Sleep Quality or Both.

Problem or Issue	No	Some-times	Often
Irritability			
Cognitive impairment			
Memory lapses or loss			
Impaired moral judgement			
Severe yawning			
Hallucinations			
Attention problems			
Slow reaction times			
Tremors			
Decreased accuracy			
Decreased temperature			
Muscle aches			
Dozing off when inactive			
Grogginess including morning grogginess and daytime sleepy grogginess (sometimes called <i>sleep inertia</i>)			
Poor concentration			
Mood changes (such as ill-tempered)			
Reduced alertness			
Shortened attention span			
Reduced awareness of environmental situations			
Impaired decision making			
Stalled thought			
Fixating on a thought (i.e. the inability to get one's mind off a thought or topic in spite of considerable effort)			
Reduced work efficiency			
Reduced motivation			

Errors of omission – making a mistake by forgetting to do something			
Errors of commission – making a mistake by doing something as when choosing the wrong option			
Microsleeps (brief periods of involuntary sleeping that range from a few seconds to a few minutes in duration)			

Problems of Sleep Maintenance

Problem or Issue	No	Some-times	Often
Do you toss and turn for much of the night because you find it hard to get comfortable?			
Do you wake up more than twice during the night?			
If you answered either sometimes or often to the above question, what are your reasons? (Please select from the following list :)			
Due to pain?			
To urinate?			
Because of having a disturbing event or image in the dream at the time? (This is called a <i>dream-induced arousal</i> *.)			
Due to night sweats?			
Because of hunger?			
Because of thirst?			
Because of a dry mouth?			
Because of sudden acid reflux coming up from your stomach into your throat? (This is called <i>paroxysmal nocturnal regurgitation</i> *.)			
Because of burning sensations in your stomach?			
Because of a cough?			
For unknown reasons?			

How many times do you wake up during the average night? _____

If you wake up during the night, how many minutes does it typically take you to get back to sleep? _____

Psychoactive Drug Use Affecting Sleep

Do you use any of the following psychoactive drugs and street drugs that can alter sleep?

Barbiturates	No	Yes
Antihistamines including gravol, diphenhydramine (Benadryl) and doxylamine.		
Antidepressants including tricyclic antidepressants such as amitriptyline Doxepin, Trimipramine, (stage 3 and 4 delta sleep booster and alpha sleep suppressant) Other antidepressants include Serotonin antagonists and reuptake inhibitors such as trazadone and mianserin and mirtazapine[
Anti-psychotics including chlorpromazine and second-generation drugs such as clozapine, olanzapine, quetiapine, risperidone and zotepine. Chlorpromazine is believed to be a delta sleep booster and an alpha-delta sleep suppressant.		
Valium and related benzodiazepines (delta sleep and REM sleep suppressants) and flurazepam, temazepam, quazepam, estazolam, and triazolam		
Melatonin		
Zopiclone (delta sleep booster)		
Quinazolinones		
Clonidine		
Gabapentinoids such as Pregabalin, Gabapentin, Phenibut Imagabalin		
Orexin receptor antagonists such as Suvorexant		
Cocaine		
Crack		
Marijuana		
Narcotic Analgesics (delta sleep suppressant)		

Theophylline derivatives for breathing		
Caffeinated beverages such as coffee, tea, or cola?		
Other. If so, please specify. _____ _____		

How many caffeinated beverages including tea, coffee and colas do you drink a day? _____

How to send us your form:

Do not send your form to us as an unprotected attachment to an email.

If at all possible we would like to obtain your form electronically.

If you are not comfortable using computers or with sending your information by electronic means you can do any one of the following:

- 1) Print it and use traditional mail to send it to us at: Toronto Touch Clinic, 690A Queen Street East, Toronto, Ontario M4M 1G9.
- 2) Fax it to us at 416-461-3129.
- 3) Put it on a USB and then deliver it to our Queen Street office by hand delivery of mail.

If you are comfortable with computers and sending it electronically, you can:

Encrypt your document and send it as an attachment to an email. You will then have to give us the password. Here is how to encrypt it: Open the PDF and choose Tools > Protect > Encrypt > Encrypt with Password. If you receive a prompt, click Yes to change the security. Select Require a Password to Open the Document, then type the password in the corresponding field.

Consent to investigation and/or treatment

(1) I, _____, hereby consent to undergo the investigation and/or treatment for possible or actual fibromyalgia/insomnia, ordered by or to be performed by Dr. Mark Doidge.

(2) The nature and anticipated effect of what is proposed including the significant risks and alternatives available have been explained to me. I am satisfied with these explanations and I have understood them.

(3) I also consent to such additional or alternative investigations, treatments or procedures as in the opinion of Dr. Mark Doidge are immediately necessary.

(4) I further agree that in his or her discretion, Dr. Mark Doidge may make use of the assistance of other physicians, and medical staff (including trainees) and may permit them to order or perform all or part of the investigation, treatment, or procedure, and I agree that they shall have the same discretion in the investigation and treatment as Dr. Mark Doidge.

(5) "Counseling, education, psychotherapy, including cognitive behavioral therapy, can be beneficial to patients, but results vary and there is no guarantee. Generally these treatments are safe, and are non-invasive. As in any treatments involving personal issues, there is some potential to stir up emotions. Going untreated can carry risks of their own. Cognitive behavioral therapy for insomnia is generally considered the recommended first-line treatment for insomnia.

(6) I understand that Dr. Doidge and associates sometimes do research.

Please check one box below:

I do consent to my information being used for research provided my personal identifiers are not used, such as, but not limited to, my name, picture identification, numbers, etc.

I do not consent to my information being used for research.

Dated: _____ Day/Month/year

Patient signature: _____

Healthcare Provider Signature: _____