



Sleep plays an important role in overall wellness, and sleep disturbance can significantly affect one's quality of health. There is growing evidence that sleep disorders can impact a number of neurological conditions, and neurological conditions can negatively affect sleep.

**Please check below any statement that applies to you:**

- I have been told I snore
- I have sudden shortness of breath/gasp for air in sleep
- I wake feeling unrefreshed in the morning
- I feel tired or fall asleep during the day even if I slept all night
- I wake frequently during the night and have racing thoughts
- I wake with morning headaches
- I have difficulty falling asleep
- I feel aching, crawling, cramping sensations in my legs
- I wake up with sore or stiff muscles
- My neck size is 17 inches or larger

If you checked any of the boxes above, you may have a sleep problem that should be evaluated by a sleep specialist.

“An estimated 70 million people in the United States suffer from sleep problems, and more than 50% of them have a chronic sleep disorder.”

-- National Institute of Neurological Disorders and Stroke

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