

FIGURE 3

1. Narcolepsy

- a. **Do you sometimes fall asleep in the daytime completely without warning?**
- b. Is it impossible to resist 'sleep attacks' during the day?
- c. Do you collapse or have extreme muscle weakness triggered by extreme emotion?
- d. Do you have visual hallucinations, either just as you fall asleep or when you wake in the morning?
- e. Are you paralysed and unable to move when you wake up from your sleep?

(If the answer to question 1a is 'yes', and the answer to questions 1b or 1c or 1d or 1e is also 'yes', this might mean possible narcolepsy.)

2. Sleep breathing disorder

- a. **Are you a very heavy snorer?**
- b. Does your partner say that you sometimes stop breathing when you are asleep?
- c. Do you often wake up gasping for breath?
- d. Are you often very sleepy during the day or do you fall asleep without wanting to?

(If the answer to question 1a is 'yes', and the answer to questions 1b or 1c or 1d is also 'yes', this might mean possible sleep breathing disorder.)

3. Periodic Limb Movement Syndrome (PLMS)/Restless Legs Syndrome (RLS)

- a. Do your legs often twitch or jerk or can you not keep still in bed?**
- b. Is it very difficult to get to sleep because of repeated muscle jerks?
- c. Do you frequently wake from sleep with sudden jerky movements or with a compulsion to move your legs?
- d. Do you simply have to get out of bed and pace around to get rid of these feelings?

(If the answer to question 1a is 'yes', and the answer to questions 1b or 1c or 1d is also 'yes', this might mean possible PLMS/RLS.)

4. Circadian Rhythm Sleep Disorder (CRSD)

- a. Do you tend to sleep well but just at the 'wrong times'?**
- b. Can you sleep well enough, but only if you stay up very late?
- c. Are you in a very sound sleep at normal waking time and able to sleep on for hours more?
- d. Can you sleep well enough, but only if you go to bed very early?
- e. Do you wake very early, bright and alert and no longer sleepy?

(If the answer to question 1a is 'yes', and the answer to questions 1b or 1c or 1d or 1e is also 'yes', this might mean possible CRSD.)

5. Parasomnia

- a. **Are there unusual behaviours associated with your sleep that trouble you or that are dangerous?**
- b. Do you sleepwalk frequently and run the risk of injuring yourself or others?
- c. Do you often have night terrors when you are extremely distressed but not properly awake?
- d. Do you act out your dreams and risk injuring yourself or others?
- e. Do you have terrible recurring nightmares?

(If the answer to question 1a is 'yes', and the answer to questions 1b or 1c or 1d or 1e is also 'yes', this might mean possible parasomnia.)

Sleep and mood

We've looked at the possibility that you have an insomnia disorder, and the possibility that you could have some other type of sleep problem instead of, or as well as, insomnia. Before moving on, though, let's look more closely at the relationship between our sleep and our mood.