

## **Sleep Disorder Signs Checklist**

Signs and symptoms of sleep disorders:

- Excessive Daytime Sleepiness
- Frequent Waking During Sleep
- Gasping or Choking During Sleep
- Heartburn at Night
- Insomnia
- Morning Headache
- Nightmares
- Pauses in Breathing
- Restless Sleep
- Sleep Walking/Talking
- Violent Activity During Sleep

**For more information, please call:**  
(850) 689-8100