

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Sleep Apnea

Symptoms I am experiencing:

Circle all that apply

- Loud snoring
- Episodes of a halt in breathing during sleep--normally as reported by another person
- Gasping for air during sleep
- Waking up to a dry mouth
- Morning headaches
- Difficulty falling or staying asleep (insomnia)
- Daytime sleepiness (hypersomnia)
- Difficulty concentrating while awake
- Excessive irritability

Frequency Of Symptoms

Write symptom + frequency you experience it

I have treated/managed symptoms

Explain any medications you have used, lifestyle treatments, natural remedies

Family History

List any family members/relatives who have sleep disorders

Other Medications I Am Currently Taken Not Related To Sleep Apnea

List them here

Questions I Have For The Doctor:

Question, Notes

- What are your initial thoughts regarding my symptoms?
- Other than sleep apnea, are there any other explanations for how I feel?
- What exactly is sleep apnea?
- Why might I have sleep apnea?
- Is this temporary or permanent?
- What are my treatment options?
- Are all treatment options equally effective?
- What do I have to change in my life to help improve my sleep apnea?
- What are the health risks of sleep apnea if left untreated?
- Are there any side effects to the treatment?

Possible Diagnostic Tests

Tests doctor may want to run

- Physical exam
- Overnight monitoring
- Home sleeping tests
- Nocturnal polysomnography