



Sleep Study Questionnaire

The purpose of this brief questionnaire is to accrue information now that may prevent us getting Alzheimer's/Dementia in the future.

It is a known fact using MRI Spectroscopy and a host of other state of the art diagnostics, the above problems actually begin to show up in our 30s.

All of the questions below are approximates—please answer as such

1. What time do you go to sleep at night _____
2. Do you wake up during the night _____
3. If so how many times do you wake up during the night

4. Do you take Ambien, Xanax, Diazepam's, Melatonin etc. to help provoke sleep _____
5. If yes to the above, do you use every night or just some nights

6. Have you ever been officially diagnosed having sleep apnea

Would you say that overall and in general, you get a good night's sleep

8. On a level of 1-10 how would you honestly rate your stress levels
