

INSOMNIA & HORMONES QUESTIONNAIRE

KINGSTON INTEGRATED HEALTHCARE INC.

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Sleep is *critical* for disease prevention and healing. Up to 40% of Canadians have insomnia symptoms but if you're distressed by poor sleep at least 3 nights a week for a minimum of 3 months, you might have a diagnosable sleep disorder.



Sleep medications do *not* restore ideal sleep cycles and full healing capacity. Insomnia is a complicated condition, at times involving all the hormones and neurotransmitters, nervous system, circulatory system, and immune system. This questionnaire is designed to help us better identify and treat the *underlying* cause of your insomnia so that healthful sleep can be restored.

Please rate the following statements, where 1 means "never" and 5 means "most days" or "very true".

Type 1:	Total: _____				
If I'm not in bed by 10pm, I get a second wind and find it hard to fall asleep	1	2	3	4	5
I feel <i>more</i> tired after exercise and/or am prone to salt cravings	1	2	3	4	5
My occupation or lifestyle involve shift-work or very variable bedtime, OR I consider myself to be a light sleeper (frequently waking to all noises)	1	2	3	4	5
I watch television or use the computer most nights right before bed	1	2	3	4	5
My feet are always cold before going to bed	1	2	3	4	5
I often enjoy coffee, black tea, or cigarettes after 11am	1	2	3	4	5

Type 2:	Total: _____				
I usually sleep well until suddenly waking between 1am and 3am	1	2	3	4	5
I have pre-diabetes, diabetes, or experience <i>low</i> blood sugar episodes	1	2	3	4	5
I have a hard time keeping my voice down sometimes (I have a loud voice)	1	2	3	4	5
At least 3 hrs before bed, I avoid eating OR enjoy alcohol or something sweet	1	2	3	4	5
I usually feel great (or <i>terrible</i>) after doing a Spring or Fall "cleanse" or "detox"	1	2	3	4	5
My PMS symptoms include breast tenderness and/or irritability or anger	1	2	3	4	5

Type 3:	Total: _____				
I usually sleep well until suddenly waking between 3am and 5am	1	2	3	4	5
I have to cough up phlegm in the night, or clear my throat each morning	1	2	3	4	5
I'm a mouth-breather at night, often wake up with a dry mouth, OR <i>wake up</i> with a headache (in the night or in the morning on waking)	1	2	3	4	5
I snore regularly and/or grind my teeth in my sleep (bruxism)	1	2	3	4	5
I have environmental or seasonal allergies	1	2	3	4	5
My muscles feel tight and stiff in the morning OR I have chronic pain AND I sleep better when I take Tylenol or Advil	1	2	3	4	5

Type 4:	Total: _____				
My menstrual cycles are often less than 26 days (frequent) and I'm peri-menopausal, older than 38 yrs, or my cycles stopped only within the last year.	1	2	3	4	5
I frequently have spotting for 2 or more days before my period and/or my periods are <i>very</i> heavy.	1	2	3	4	5
I am prone to anxiety, irritability or insomnia <i>around my period</i> AND/OR I am prone to anxiety, panic attacks, and feel tense, most of the time	1	2	3	4	5
I am concerned I have low thyroid function but the medication doesn't help.	1	2	3	4	5
I have had ovarian cysts, fibrocystic breasts, or endometrial polyps (an ultrasound would've told you this).	1	2	3	4	5
I tend to retain water around my period (i.e. gain 3 to 5 pounds each month) and/or experience unmanageable sugar cravings.	1	2	3	4	5

Type 5:	Total: _____				
My insomnia <i>started</i> or changed with menopausal changes (e.g. hot flashes, vaginal dryness).	1	2	3	4	5
I experience recurrent urinary tract infections or bladder incontinence.	1	2	3	4	5
I skip or frequently miss periods.	1	2	3	4	5
I am prone to depression, excessive worry (not necessarily anxiety), and joint aches more often than before.	1	2	3	4	5
I am always hungry or snacking or consider that my appetite has increased.	1	2	3	4	5
My skin looks older (e.g. more fine wrinkles, sun damage is more obvious)	1	2	3	4	5