

## INSOMNIA INTERVIEW

**Name:**

**date:**

Insomnia treatment goal: continuity restorative medication free sleep

Current Medications for sleep

I. Rule Outs: apnea: Snoring Tiredness Observed apneas blood Pressure meds  
 BMI Age Neck Gender  
 RLS: Urge worse during rest relieved by movement worse in evening  
 Bruxism excessive daytime sleepiness sleep paralysis hypnagogic hallucinations cataplexy  
 Parasomnia activity circadian type:

**II. Sleep Hygiene**

- Noise
- Light
- Napping
- Watching TV in bed
- Bright screen before bed
- Exercise
- Caffeine
- Alcohol
- Heavy meal

Dysphoria	Cog/Sleepiness	Motor Impairment	Social Discomfort
1	8	21	26
2	9	22	27
3	12	23	28
4	13	24	
5	14	25	
6	15		
7	16		
8	17		
9	18		
10	19		
11	20		

	Good Night		Poor Night	
	M	SD	M	SD
Dysphoria	1.70	.66	3.11	.75
Cognitive Impairment	.59	.50	2.24	.72
Motor Impairment	.16	.31	.82	.91
Social Discomfort	.30	.40	.99	.81