

Important questions when obtaining a sleep history in older patients

Do you have difficulties initiating sleep?	
Do you feel that you are excessively sleepy during the daytime?	
What is your sleep/wake schedule?	
How many hours do you sleep per night?	
How long does it take you to fall asleep?	
How many times do you wake up during a typical night?	
How long does it take you to "get going" after you get out of bed?	
Do you snore or stop breathing at night?	
Do you have crawling or uncomfortable sensation in your legs when trying to fall asleep?	
Do you kick or twitch your limbs during sleep?	

Source: Avidan AY. Sleep Disorders in the Older Patient. Prim Care Clin Office Pract, 2005; 32: 563-586