Rest & Sleep: Look Beyond Hours

Sleep quality includes duration, continuity, and breathing. Someone may sleep for eight hours but still experience repeated breathing interruptions. A partner or loved one may notice signs that the sleeper does not remember.

Your sleep assessment

Typical hours of sleep per night: _____ Bedtime: _____ Wake time: _____

I wake feeling rested: ☐ Usually ☐ Sometimes ☐ Rarely

Someone has noticed loud or frequent snoring: ☐ Yes ☐ No ☐ Unsure

Someone has noticed pauses in breathing (apneic episodes—times when breathing stops briefly): ☐ Yes ☐ No ☐ Unsure

I wake gasping, choking, or snorting: ☐ Yes ☐ No ☐ Unsure

I experience morning headaches, dry mouth, or daytime sleepiness: ☐ Yes ☐ No ☐ Unsure

I have been diagnosed with sleep apnea: ☐ Yes ☐ No ☐ Unsure

If you use CPAP or another PAP device

Prescribed device: _____ Mask type: _____

I use it: ☐ Every night ☐ Most nights ☐ Some nights ☐ Rarely

Typical hours used per night: _____ Any discomfort or mask leaks? _____

My device report shows (if available): usage _____ leak _____ residual AHI _____

Residual AHI estimates breathing events per hour while using PAP; your sleep clinician should interpret it alongside symptoms, leaks, and the device report. Do not stop prescribed PAP therapy based on this worksheet.

When to seek evaluation

Witnessed breathing pauses, repeated gasping, or significant daytime sleepiness deserve medical discussion and may warrant a sleep study. Snoring alone does not diagnose sleep apnea, and sleep apnea can occur without obvious snoring.

*CPAP = continuous positive airway pressure, if prescribed. Write the hours you actually used it, not just hours spent in bed.

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