

SLEEP MEDICINE C E N T E R

Trouble Sleeping?

Sleep refreshes your body and mind and is vital to your overall health. When your sleep is interrupted it can put you at risk for a variety of illnesses and injuries. To test the quality of your sleep, please check all of the items below that apply to you.

- Loud snoring
- You or someone else has noticed that your breathing stops or that you gasp for air when sleeping.
- You feel drowsy or fall asleep when reading, watching television, working at the computer, driving or doing routine tasks.
- On average, you have a difficult time sleeping on three nights or more a week. This includes trouble falling asleep, waking up often or waking up early and not being able to get back to sleep and feeling exhausted even after you've been sleeping.
- Have tingling, jumping nerves or jerking movements in your legs when you're trying to sleep.
- Heartburn, nightmares, pain, discomfort, noise, light, a temperature that's too hot or cold, or snoring and other sleep issues of someone else in your home, keeps you awake or interrupts your sleep.

If you've checked even one of these, you could have a sleep disorder that's interfering with your life and your health. Contact the Sleep Medicine Center of Salinas Valley Memorial Healthcare System for an appointment today and you'll know for sure. It's the first step to sleeping, and living, better. (831) 759-1920

For more information please visit www.svmh.com/sleep



Salinas Valley Memorial Healthcare System

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