

Sleep Disturbances

Insomnia: disturbances leading to sleep deprivation

Time going to bed and time getting up:

Time falling asleep:

Trouble sleeping through / nocturnal awakening

How often and for how long?, e. g. "I wake up roughly 30 minutes after falling asleep and it can take an hour or two for me to finally get back to sleep again.":

Total sleeping time:

Early morning awakening:

Feeling of regeneration and emotional well-being upon awakening:

Daytime sleepiness:

Hypersomnia: excessive sleepiness during the day or lengthy transition times from sleep to wakefulness (after waking up)

Unusual difficulties waking up:

Immobility upon awakening:

Confusion when waking up:

Somnolence during the day:

Daytime sleep attacks:

Parasomnia: unusual / abnormal behavior and/or physical impairments in the night

Brooding, e.g. "I suffer from severe anxiety and autonomic/vegetative hyperarousal accompanied by disorientation, irrational and meaningless musings."

Restless Legs:

Twitching while falling asleep:

Nightmares:

Respiratory symptoms:

Bedwetting:

Gastrointestinal disorders:

Rhythmic head movements during sleep:

Humming, speaking, walking or eating in your sleep:

Pain:

Snoring:

Gnashing/grinding of teeth (bruxism):