How can you know the difference between a normal, occasional bad night’s sleep and a more serious sleep condition that requires professional treatment? If you’re experiencing any of these issues on a regular basis during the day, it’s time to seek sleep help, says Johns Hopkins sleep expert Charlene E. Gamaldo, M.D.

**DO YOU NEED SLEEP HELP?**

**FEELING UNUSUALLY IRRITABLE AND SHORT-TEMPERED WITH FAMILY AND FRIENDS**

**FALLING ASLEEP REGULARLY WATCHING TV OR WATCHING A MOVIE IN A THEATER**

**NOTICING SLOWED PHYSICAL RESPONSES OR SLOWED REACTION TIMES WHEN PERFORMING ACTIVITIES**

**EXPERIENCING DIFFICULTY DOING BASIC MATH, SUCH AS BALANCING YOUR CHECKBOOK OR CALCULATING THE TIP ON A RESTAURANT TAB**

**DIFFICULTY SLEEPING ON A REGULAR BASIS**

- Having trouble falling asleep within 30 minutes at night
- Feeling tired during the day even if you slept 7 hours or more the previous night
- Waking too early in the morning
- Making loud snoring, gasping, or choking sounds during sleep

**HAVING MEMORY TROUBLES SUCH AS FORGETTING FAMILIAR NAMES OR KEEPING TRACK OF FAMILIAR TASKS**

- Having trouble controlling emotions, particularly:
  - Sadness
  - Anger
  - Anxiety

**STRUGGLING WITH CONDITIONS THAT MAY BE LINKED TO POOR SLEEP HABITS, INCLUDING:**

- Diabetes
- High blood pressure
- High cholesterol
- Heart function issues (such as heart failure or atrial fibrillation)
- Asthma
- Headaches
- Weight gain
- Restless legs syndrome
- Increased sensitivity to pain

**STRUGGLING TO PAY ATTENTION AT WORK MEETINGS OR DURING A CLASS OR TRAINING SESSION**

**BEING TOLD YOU "LOOK TIRED," AND NOTICING BAGS OR DARK CIRCLES UNDER YOUR EYES AND A DULL, WRINKLED COMPLEXION**

**NODDING OFF WHILE DRIVING OR FREQUENT “DAY DREAMING” THAT CAUSES YOU TO REGULARLY MISS EXITS AND TURNS ON FAMILIAR ROUTES**

- Having trouble falling asleep within 30 minutes at night
- Feeling tired during the day even if you slept 7 hours or more the previous night
- Waking too early in the morning
- Making loud snoring, gasping, or choking sounds during sleep