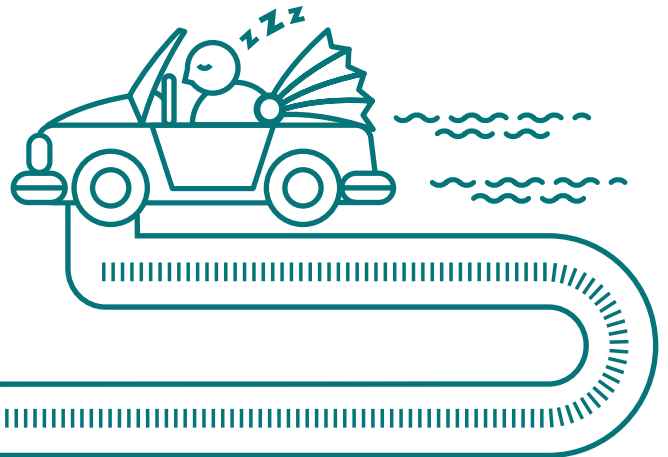


DO YOU NEED

SLEEP HELP?

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.



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

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



FEELING
UNUSUALLY
IRRITABLE
AND SHORT-
TEMPERED
WITH FAMILY
AND FRIENDS



HAVING TROUBLE
CONTROLLING
EMOTIONS,
PARTICULARLY:

- ▶ Sadness
- ▶ Anger
- ▶ Anxiety



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

Zzz

Making loud snoring,
gasping, or choking
sounds during sleep



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

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

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

