



Waccamaw
Chiropractic & Wellness Center

Insomnia Survey

What Exactly is Insomnia?

Here are a few indicators that you may be dealing with insomnia:

- Trouble falling asleep in the evening
- Waking up repeatedly throughout the night
- Waking up too early in the morning, unable to get back to sleep
- Waking up feeling tired instead of refreshed



1) Mental Stress? (work, family, financial etc)

2) Physical Stress? (back pain, headaches, restless leg syndrome, cramps etc)

- What time do you go to bed? _____
- How many times a night do you wake up? _____
- What is your bedtime ritual? (read, watch tv, talk etc)
- _____
- What time is your last meal before bed? _____
- What have you tried to cope with insomnia? (medication, sleep techniques, supplements) _____

List other sleep disturbances during the day? _____

Name: _____ Date: _____

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