

# Center for Sleep Solutions

*Take Our Sleep Test*  
*5 minutes could save your life!*

## TAKE THE SLEEP TEST NOW

Do you or a loved one suffer from Sleep Apnea?  
Take the Epworth Sleepiness Test and find out.

- 0 = no chance of dozing**
- 1 = slight chance of dozing**
- 2 = moderate chance of dozing**
- 3 = high chance of dozing**

### SITUATION

### CHANCE OF DOZING

- Sitting and reading \_\_\_\_\_
- Watching TV \_\_\_\_\_
- Sitting inactive in a public place (a theater or a meeting) \_\_\_\_\_
- As a passenger in a car for an hour \_\_\_\_\_
- Lying down to rest in the afternoon when circumstances permit \_\_\_\_\_
- Sitting and talking to someone \_\_\_\_\_
- Sitting quietly after a lunch without alcohol \_\_\_\_\_
- In a car, while stopped for a few minutes in traffic \_\_\_\_\_

### IF YOUR TOTAL SCORE IS:

- 1 - 6 Congratulations, you are getting enough sleep!**
- 7 - 8 Your score is average**
- 9 + Seek the advice of a sleep specialist without delay**

Please fill in your personalized information to help us schedule your comprehensive consultation. We hold all information strictly confidential.

*name* \_\_\_\_\_

*e-mail* \_\_\_\_\_

*phone* \_\_\_\_\_

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**703.478.9574**

**centerforsleepsolutions.com**

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## Top 10 Healthy Sleep tips

*reccomended by Dr. Katz*

1.

Go to sleep and wake up at the same time every day.

2.

Establish a relaxing bedtime routine such as soaking in a hot bath, reading a book, or listening to soothing music.

3.

Make sure your bedroom is dark, quiet, comfortable and cool.

4.

Sleep on a comfortable mattress and pillow.

5.

Use your bedroom only for sleep; don't watch TV or use your laptop in bed.

6.

Finish eating at least 2-3 hours before your regular bedtime.

7.

Exercise regularly. It is best to complete your workout at least 3 hours before bedtime.

8.

Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) within 6-8 hours of going to bed.

9.

Avoid nicotine (e.g. cigarettes, tobacco products). Used closed to bedtime, it can lead to poor sleep.

10.

Avoid alcohol close to bedtime.

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For more information call our staff today

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