

# Welcome to Pulmonary and Sleep Associates of South Jersey, LLC

*Cherry Hill Office:* 107 Berlin Road, Cherry Hill, NJ 08034

Phone: (856) 429-1800 Fax: (856) 429-1081

*Marlton Office:* 750 Route 73 South, Suite 401, Marlton, NJ 08053

Phone: (856) 375-1288 Fax: (856) 375-2325

*Willingboro Office:* 1113 Hospital Drive, Suite 305, Willingboro, NJ 08046 Phone: (856) 375-1288 Fax: (856) 375-2325

Attached please find your new patient forms. Fill them out completely prior to arriving at our office for your appointment. Arrive 30 minutes prior to your scheduled appointment time.

## **Please bring the following items with you to your appointment:**

1. Completed Patient Information Sheets. You may attach a list of your medications.
2. Completed Sleep Survey for Sleep Evaluation patients. If you already had a sleep study, please bring a copy of the study with you or have it faxed to our office prior to your appointment. Fax numbers for each office are listed above. If you are on CPAP or BiPAP, please bring the chip from the machine with you. Some of our physicians may ask you to bring your machine.
3. Patients for Pulmonary Consult, bring your Chest x-ray and/or CAT scan Films or CD. Do Not use inhalers/nebulizer medications (short acting meds) up to 4 hours prior to your first appointment. Do Not use long acting meds (Spiriva, Advair, etc) up to 12 hours prior to your first appointment.
4. Health Insurance Card
5. Co-Pay (if applies to your insurance)
6. A form of ID: Driver's License, passport or military ID.
7. Prescription Plan Cards (if applicable)
8. Referral, if required by your insurance co., transmitted electronically. Our NPI # is 1093734022.

\*We measure your oxygen saturation via a pulse oximeter which sits on your finger. In preparation, please remove dark nail polish and or acrylic finger nail from one finger only to insure accurate results

## **Attention Patients**

The doctors and staff greatly appreciate your courtesy in keeping all appointments promptly.

**NO SHOW APPOINTMENTS:** Follow up patients will be charged \$25.00 for each no show appointment. If you are a new patient and No Show, you may not be able to be rescheduled.

**APPOINTMENT CANCELLATION:** 24 hour Notice of cancellation is required.

**REFERRAL:** If a referral is required by your insurance, you must obtain a referral from your primary care doctor prior to your scheduled appointment. Otherwise, your appointment will be rescheduled. We Do Not call your doctor for your referral.

**COPAY:** All copays are due at the time of service. We accept cash, check and credit card. A \$15.00 service fee will be added to your account if your copay is not paid and must be billed.

## **Directions**

Pulmonary and Sleep Associates of South Jersey LLC  
Professional East Building  
1113 Hospital Drive Suite 305  
Willingboro, NJ 08046  
Across from the Hospital

### **From Philadelphia and Camden**

Follow the signs over the Walt Whitman, Ben Franklin, Betsy Ross or Tacony Palmyra Bridges to Route 130 North. Follow Route 130 North to Charleston Road. Turn left onto Sunset Road (follow 1.2 miles). Turn right onto Hospital Drive to Professional East Building (on left)

### **From Trenton**

Follow Route 295 South towards Bordentown. Take Exit 47B (541 N) towards Mount Holly/Burlington. Merge onto Mt. Holly Road. Slight right toward Wedgewood Drive. Turn Left onto Wedgewood Drive. Continue onto Sunset Road (1.6 miles) Turn left onto Salem Road. Slight right to stay on Salem Road. Turn right onto Hospital Drive to Professional East Building (on right)

### **From Bucks County / Burlington Bristol Bridge**

After crossing bridge, make right onto Route 130 South (Burlington Pike) approx 1 miles. Slight right toward Van Sciver Parkway. Continue onto Van Sciver Parkway. Turn left onto Sunset Road. Turn right onto Hospital Drive to Professional East Building (on left)

### **From Cherry Hill**

Follow Route 295 North to the Burlington-Mount Holly Exit 47B (Route 541). Take exit toward Burlington. Just before the second traffic light, take the jughandle for Sunset Road. Cross over Route 541 onto Sunset Road. Follow Sunset Road for approx. 2 miles. Turn left onto Salem Road. Slight right to stay on Salem Road. Turn right onto Hospital Drive to Professional East Building (on right).

### **From Bordentown**

Follow Route 295 South to Burlington-Mount Holly Exit 47B (Route 541). Take exit ramp toward Burlington. Just before the second traffic light, take jughandle for Sunset Road. Cross over 541. Follow Sunset Road for approx. two miles. Turn left onto Salem Road. Slight right to stay on Salem Road. Turn right onto Hospital Drive to Professional East Building (on right).

Contact phone: 856-375-1288 (Marlton office)

# Pulmonary and Sleep Associates of South Jersey, LLC

Pulmonary Medicine

Critical Care Medicine

Sleep Medicine

## Patient Information

Name:	Referred by: <input type="checkbox"/> self <input type="checkbox"/> physician <input type="checkbox"/> seen in hospital <input type="checkbox"/> family/friend <input type="checkbox"/> current patient
Address:	Referring Physician:
City: _____ St _____ Zip _____	
Email:	Primary Physician:
Home Phone #( )	Pharmacy Name
Cell Phone #( )	Pharmacy Address:
Work Phone #( )	Marital Status: <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Separated <input type="checkbox"/> Widowed
Date of Birth:	Ethnicity: _____ Race: _____
Social Security #:	Occupation:
Emergency Contact: Name: Phone #	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female

Primary Insurance:	Secondary Insurance:
Identification #:	Identification #:
Policyholder's name if not patient (i.e. spouse)	Policyholder's name if not patient (i.e. spouse)
Date of Birth:	Date of Birth:
Social Security #:	Social Security #:
Relationship to Patient:	Relationship to Patient:

Assignment and release: I hereby authorize my insurance benefits to be paid directly to Pulmonary & Sleep Associates of SJ. I understand that I am responsible for charges as designated by my insurance company/companies such as deductibles, co-pays, coinsurance, etc. I am also responsible for any and all charges not covered by my insurance. I authorize Pulmonary & Sleep Associates of SJ to release any information to my insurance company/companies when requested.

Signature \_\_\_\_\_

DATE: \_\_\_\_\_

MEDICARE-PRIMARY

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Name of Beneficiary

I authorize any holder of medical or other information about me to release to the Social Security Administration and Health Care Financing Administration or its intermediaries or carriers any information needed for this or a related Medicare claim. I permit a copy of this authorization to be used in place of the original, and request payment for medical insurance benefits either to myself or to the party who accepts assignment. I understand it is mandatory to notify the health care provider of any other party who may be responsible for paying for my treatment. (Section 1228B of the Social Security Act and 31 U.S.C. 3801-3812 provider penalties for withholding this information). Regulations pertaining to Medicare assignment of benefits also apply.

SIGNATURE \_\_\_\_\_

DATE: \_\_\_\_\_

The physician is not required to submit a copy of the patient signature and is not required to obtain prior approval from the carrier.

**SECONDARY TO MEDICARE (MEDIGAP)**

I authorize any holder of medical or other information about me to release to:  
(Insurance Company Name) \_\_\_\_\_ any information needed for this or a related Medigap claim. I permit a copy of this authorization to be used in place of the original, and request payment of medical insurance benefits with to myself or to the party who accepts assignment.

SIGNATURE \_\_\_\_\_

DATE: \_\_\_\_\_

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# Pulmonary and Sleep Associates of South Jersey, LLC

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

REASON FOR VISIT: \_\_\_\_\_

ANY RECENT HOSPITALIZATIONS - WHERE: \_\_\_\_\_ REASON: \_\_\_\_\_

**PLEASE COMPLETE ALL SECTIONS THOROUGHLY.**

**PAST PULMONARY HISTORY AND DIAGNOSIS: (Please circle all that apply)**

Abnormal CXR/CT	Hemoptysis	Pneumothorax
Asbestosis	Lung Cancer	Pulmonary Embolism
Asthma	Lung Nodule	Pulmonary Fibrosis
Bronchitis	Pleural Effusion	Pulmonary Hypertension
Bronchiectasis	Pleurisy	Sarcoidosis
COPD/Emphysema	Pneumonia	Tuberculosis
Cough		
Empyema		

**PAST SLEEP HISTORY AND DIAGNOSIS: (Please circle/list all that apply)**

Obstructive Sleep Apnea	
Insomnia	
Restless Legs Syndrome	
Narcolepsy	

**PAST MEDICAL HISTORY AND DIAGNOSES: (Please circle any condition you have received treatment for)**

Acid Reflux	Hepatitis
Atrial Fibrillation	Hypertension
Breast Cancer	Kidney Disease
Congestive Heart Failure	Prostate Cancer
Coronary Artery Disease	Seizures
Depression	OTHER
Diabetes	
Headaches/Migraines	

**PAST SURGICAL HISTORY: (Please circle/list all procedures/surgeries and the year you had them)**

Appendectomy	Cholecystectomy	Knee Replacement
Bronchoscopy	Gastric Bypass	Lung Biopsy
Cardiac Bypass Surgery	Hernia	Lung Resection
Cardiac Catheterization	Hip Replacement	Tonsillectomy
Cardiac Valve Replacement	Hysterectomy	
Cardioversion		

**NAME:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

**IMMUNIZATIONS:** (Please check if you have had these immunizations, when & where)

Influenza Vaccine				Pneumonia Vaccine			
Yes	Date Received	Where	No	Yes	Date Received	Where	No

**ALLERGIES:**

Any food or environmental allergies \_\_\_\_\_

**MEDICATION ALLERGIES:**

Medication Name	Type of Reaction

**HOME EQUIPMENT:** (Please check if any of the following are being used)

Oxygen	Since:	LPM
Cpap/BiPap	Since:	Settings if known:
Nebulizer	Since:	Used with albuterol, ipratropium-albuterol, xopenex, pulmicort,
Name of equipment Supplier(Company)		Brovana, perforomist

**MEDICATIONS:** (please list all prescription and OTC medications that you currently take including vitamins and supplements)

Medication Name	Strength	Times per day	Medication Name	Strength	Times per day

**FAMILY MEDICAL HISTORY:** (please list all chronic illnesses and conditions in your family)

Disease (lung disease, heart disease, cancer, etc.)	Which Family Member (Mother, Father, siblings)

**NAME:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

**SOCIAL HISTORY/HOME ENVIRONMENT:**

<b>Occupation:</b>			
<b>Marital Status:</b>			
<b>Any hazardous exposures (mold, asbestos, etc):</b>			
<b>Where were you born:</b>			
<b>Any Recent Travel:</b>	<b>Where</b>	<b>When</b>	
<b>Any Pets:</b>	<b>Kind:</b>		
<b>Smoking: Current smoker:</b>	<b>Duration in years:</b>	<b>Packs per day</b>	
<b>Ex smoker:</b>	<b>Year quit:</b>	<b>Years smoked:</b>	<b>Packs per day</b>
<b>Never smoked:</b>	<b>2<sup>nd</sup> hand smoke exposure:</b>		
<b>Cigar Smoker:</b>	<b>Vape:</b>		
<b>Alcohol Use: type</b>	<b>how often</b>	<b>Any history of abuse</b>	

**SYMPTOMS: (Please circle any symptoms you are experiencing today)**

<b>Fever</b>	<b>Cough</b>	<b>Trouble Falling Asleep</b>
<b>Chills</b>	<b>Mucous/Phlegm</b>	<b>Trouble Staying Asleep</b>
<b>Night Sweats</b>	<b>Hemoptysis</b>	<b>Non restorative sleep</b>
<b>Fatigue</b>	<b>Acid Reflux</b>	<b>Grinding Teeth</b>
<b>Headaches</b>	<b>Muscular Weakness</b>	<b>Hallucinations as you fall asleep</b>
<b>Lightheadedness</b>	<b>Muscle Pains</b>	<b>Sleep Paralysis</b>
<b>Nasal Congestion</b>	<b>Joint Pains</b>	<b>Sudden loss of muscle tone</b>
<b>Chest Pain</b>	<b>Swollen Joints</b>	<b>Excessive Daytime Sleepiness</b>
<b>Chest Tightness</b>	<b>Anxiety</b>	<b>Snoring</b>
<b>Trouble breathing lying down</b>	<b>Depression</b>	<b>Witnessed Apneas</b>
<b>Swollen Legs/Feet</b>	<b>Insomnia</b>	<b>Seasonal Allergies</b>
<b>Shortness of breath at rest</b>	<b>Sleepwalking</b>	
<b>Wheezing</b>	<b>Sleeptalking</b>	

You are welcome to visit our website: [www.psasj.com](http://www.psasj.com)

We encourage our patients to sign up and use our Patient Portal (available on our website)

Thank you for allowing Pulmonary and Sleep Associates of South Jersey to be involved with your care.

Please bring this completed form with you to your scheduled visit.

**PULMONARY AND SLEEP ASSOCIATES OF SOUTH JERSEY, LLC (PSA)**

**PATIENT CONSENT FORMS**

The Federal Government has established a "Privacy Rule" to insure personal health information (PHI) is protected. PHI means health information, including demographic information collected from me and created or received by my physician, other health care provider, health plan, employer or billing companies. PHI is kept secure in this medical practice. It is provided only when appropriate and necessary to those who need it for treatment, payment or health care operations.

PSA is required to obtain your consent to provide treatment. **YOU MAY REFUSE** to consent to the use or disclosure of your PHI, but this must be in writing. **Under the law, we have the right to refuse to treat you should you choose not to sign this consent.**

I consent to the use or disclosure of my PHI by PSA for the purposes of treatment, payment of healthcare operations. I understand that diagnosis or treatment of me by PSA may be conditioned upon my consent as evidenced by my signature below.

I may revoke this consent, in writing, at any time, except to the extent that PSA has taken action in reliance on this consent.

I have the right to review the Notice of Privacy Practices for PSA before signing this consent Form. **(IT IS ON DISPLAY IN THE WAITING ROOM FOR YOU TO READ).**

I have the right to request a restriction as to how my PHI is used or disclosed to carry out treatment, payment or healthcare operations. PSA is not required to agree to the restrictions, however, if PSA agrees, the restriction is binding.

**NAME OF PATIENT:** \_\_\_\_\_

**SIGNATURE OF PATIENT:** \_\_\_\_\_

**DATE:** \_\_\_\_\_



Pulmonary and Sleep Associates of South Jersey, LLC

- Ammar Alimam, M.D.
- Donald Auerbach, M.D.
- Steven Baumgarten, M.D.
- John Bermingham, D.O.
- Aaron Crookshank, M.D.
- Michael Driscoll, D.O.
- Thomas Groomett, M.D.
- Ira Horowitz, M.D.
- William Morowitz, M.D.
- Thomas Nugent, M.D.
- Alan Pope, M.D.
- Nicholas, Roy, D.O.
- Antonio Velasco, D.O.

MEDICAL RECORDS RELEASE FORM

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Date of Birth

I hereby authorize the below listed entity to release medical information to Pulmonary and Sleep Associates of South Jersey.

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Address: \_\_\_\_\_

Fax #: \_\_\_\_\_

Medical information Requested:

\_\_\_\_\_ All Records

\_\_\_\_\_ Specific Records from \_\_\_\_\_ to \_\_\_\_\_

\_\_\_\_\_ Immunizations & Physical Examinations

\_\_\_\_\_ Radiology Films (X-ray, Ultrasound, CT., MRI; etc)

Please send to the physician checked above and to the address circled below:

Cherry Hill Office  
 107 Berlin Road  
 Cherry Hill, N.J. 08034-3526  
 Phone: 856-429-1800  
 Fax: 856-429-1081

for Marlton and Willingboro Offices  
 750 Rt. #73 South, Suite 401  
 Marlton, N.J. 08053-4145  
 Phone: 856-375-1288  
 Fax: 856-375-2325

\_\_\_\_\_  
Signature of Patient or Legal Guardian

\_\_\_\_\_  
Date

This release authorizes the disclosure of records for one year from the date signed above. I understand that these records are protected under Federal and/or State law and cannot be disclosed without written consent unless otherwise provided by law. I further understand that the specific type of information to be disclosed may, if applicable include; diagnosis, prognosis and treatment for physical and/or mental illness, including treatment of alcohol and substance abuse auto-immune deficiency syndrome (AIDS), AIDS related complex (ARC) or human immunodeficiency virus (HIV) infection for any admissions. I understand that I have the right to revoke this consent at any time unless the facility which is to make the disclosure of information has already done so in reliance on the consent.

# *Pulmonary & Sleep Associates of South Jersey, LLC*

## *Consent to Contact*

*You agree, in order for our practice to service you and to collect payments owed, Pulmonary & Sleep Associates of SJ and/or our agents may contact you by telephone at any number associated with your account including wireless telephone numbers, which could result in charges to you. We may also contact you by sending messages or emails, using any email address you provide to us. Methods of contact may include using pre-recorded voice messages and/or use of automatic dialing devices, as applicable. PLEASE CIRCLE ALL THAT APPLY*

	<u>HOME PH</u>		<u>CELL PH</u>		<u>WORK PH</u>		<u>EMAIL</u>	
<u>Contact to confirm appointment</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>
<u>Leave appointment confirmation message</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>
<u>Contact to give medical information</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>
<u>Leave medical information message</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>
<u>Contact regarding payments owed</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>
<u>Leave message regarding payments owed</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>

### *Automated Messaging System*

*"By supplying my home phone number, mobile number, email address, and any other personal contact information, I authorize my health care provider to employ a third-party automated outreach and messaging system to use my personal information, the name of my care provider, the time and place of my scheduled appointment(s), and other limited information, for the purpose of notifying me of a pending appointment, a missed appointment, overdue wellness exam, balances due, lab results, or any other healthcare related function. I also authorize my healthcare provider to disclose to third parties, who may intercept these messages, limited protected health information (PHI) regarding my healthcare events. I consent to the receiving multiple messages per day from my healthcare provider, when necessary. I consent to allowing detailed messages being left on my voice mail, answering system, or with another individual, if I am unavailable at the number provided by me."*

\_\_\_\_\_  
Patient Signature

Date: \_\_\_\_\_

## Pulmonary and Sleep Associates of South Jersey, LLC

### E-Prescribing PBM Consent Form

e-Prescribing is defined as a physician's ability to electronically send an accurate, error free, and understandable prescription directly to a pharmacy. Congress has determined that the ability to electronically send prescriptions is an important element in improving the quality of patient care.

Benefits data are maintained for health insurance providers by organizations known as Pharmacy Benefits Managers (PBM). PBM's are third party administrators of prescription drug programs whose primary responsibilities are processing and paying prescription drug claims. They also develop and maintain formularies, which are lists of dispensable drugs covered by a particular drug benefit plan.

The Medicare Modernization Act (MMA) 2003 listed standards that have to be included in an ePrescribe program. These include:

**Formulary and benefit transactions** - - Gives the prescriber Information about which drugs are covered by the drug benefit plan.

**Medication history transactions** - - Provides the physician with information about medications the patient is already taking prescribed by any provider, to minimize the number of adverse drug events.

By signing this consent form you are agreeing that *Pulmonary and Sleep Associates of South Jersey* can request and use your prescription medication history from other healthcare providers and/or third party pharmacy benefit payors for treatment purposes.

Patient Name (printed) \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature of patient (or representative) \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Relationship if other than patient \_\_\_\_\_

**ONLY TO BE FILLED OUT IF YOU ARE COMING FOR A SLEEP DISORDER**

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Please consult your bed partner when answering the following questions. Answer the questions as if you are describing your typical night or sleep pattern. In answering questions about frequency, you will need to check one of the following choices: *nightly, weekly, rarely, never.*

1. Are you allergic to any drugs? \_\_\_\_\_
2. Describe your sleep problem:  
\_\_\_\_\_  
\_\_\_\_\_
3. When did your sleep problem begin?  
\_\_\_\_\_ (mo/yr)
4. Have you ever had a sleep study performed?  
 Yes  No
5. My bed or sleeping surface is:  
 Standard Mattress  Waterbed  Futon  
 Other: \_\_\_\_\_
6. Sleep Habits:  
My ideal amount of sleep is \_\_\_\_\_ hours.

	During the week	During the weekend
I go to bed at	(time)	(time)
I get up at	(time)	(time)
I sleep	(hours)	(hours)

It usually takes me \_\_\_\_\_ minutes to fall asleep.

I usually wake up \_\_\_\_\_ times a night.

Please explain what wakes you up:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If I wake up at night, it usually takes \_\_\_\_\_ minutes to fall back asleep.

I cannot get back to sleep once I wake up  
 Yes  No

I can sleep 2 hours or more at a time:

*Nightly, Weekly, Rarely, Never*

7. My occupation is: \_\_\_\_\_  
My job requires shift work  Yes  No  
My work hours are: \_\_\_\_\_

8. I snore:  
*Nightly Weekly Rarely Never*

9. My snoring started at age: \_\_\_\_\_
10. I snore in all positions:  Yes  No
11. My snoring has been described as:

*Mild Moderate Loud*

12. I stop breathing at night:  
 Don't Know  Yes  No
13. I have problems with my nose or nasal breathing:  
 Yes  No  
If "YES", please explain: \_\_\_\_\_

14. I have had nasal surgery:  Yes  No  
If "YES", please explain: \_\_\_\_\_

15. I have had a tonsillectomy:  Yes  No

*Nightly Weekly Rarely Never*

16. I wake up gasping, short of breath, wheezing or feeling I cannot breathe:
17. I wake up coughing
18. I wake up with my heart beating irregularly
19. I wake up with chest pain
20. I wake up with heartburn or a sour acid taste in my mouth
21. I wake up with a headache
22. I have a bed wetting problem
23. I fight sleep or fall asleep uncontrollable while sitting at meetings, watching TV, at the movies, in the car...
24. I fight sleep while at work or school

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Nightly Weekly Rarely Never

25. I fight sleep while driving

26. I have actually fallen asleep while driving a car  Yes  No

27. It seems that my mood, memory or thought processes have changed  Yes  No

28. Drowsiness is the greatest in the: *Morning Afternoon Evening*

29. After a typical night's sleep, I feel:  
*Refreshed Fairly Somewhat Very*  
*rested drowsy tired*

Nightly Weekly Rarely Never

30. I have been told I toss and turn to an extreme amount:

31. I flail or kick while sleeping

32. I have the feeling of "restless" legs

33. I am troubled at night by uncomfortable sensations in my legs

34. I wake up with muscle or joint aches or pains

35. Immediately after falling asleep, I dream

36. I dream during my naps

37. I experience vivid dream-like scenes upon waking up or falling asleep

38. I have been told that I behave strangely when not fully Awake

39. I feel like I cannot move after lying down, before going to sleep, when waking up or going to sleep

40. I feel sudden weakness in the knees, neck, jaw or arms when angry, sad, laughing or emotional

*Daily Weekly Rarely Never*

41. I have episodes of doing strange things without realizing it at the time or lose a period of time:

*Daily Weekly Rarely Never*

42. I take daytime naps  Yes  No

43. After a nap, I feel:  
*Refreshed Fairly Somewhat Very*  
*rested drowsy tired*

Nightly Weekly Rarely Never

44. I sleepwalk:

45. I talk or scream in my sleep

46. I am disturbed by nightmares

47. I grind my teeth when asleep

48. Within the last year, depression, anxiety or stress has interfered with my sleep  Yes  No

49. At bedtime I have difficulty falling asleep because of worries or thoughts racing through my mind  Yes  No

50. My sleep problem, in addition to those previous, has resulted in:

\_\_\_\_\_

\_\_\_\_\_

51. I exercise  Yes  No

If "YES", what kind, what time of day, and how often?

\_\_\_\_\_

\_\_\_\_\_

52. Is there any history in your family of difficulties with sleep, excessive daytime sleepiness or snoring?  Yes  No

If "YES", explain:

\_\_\_\_\_

\_\_\_\_\_

53. Please list medicines tried for improving sleep or staying awake:

*Drug and Dose Frequency Started Ended*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

54. What methods have you tried to help you sleep at night or stay awake during the day (besides drugs mentioned in 52)

\_\_\_\_\_  
\_\_\_\_\_

55. I now smoke \_\_\_\_\_ cigarettes per day.

56. I now drink \_\_\_\_\_ cup(s) of caffeinated coffee, caffeinated tea or caffeinated cola per day.

57. What time of day to you drink these caffeinated beverages and how many?

\_\_\_\_\_  
\_\_\_\_\_

58. I consume some alcohol \_\_\_\_\_ days per week

59. What time of day do you drink these alcoholic beverages and how many?

\_\_\_\_\_  
\_\_\_\_\_

60. I have a history of high blood pressure  Yes  No  
If "YES", are you on medication for this?  Yes  No

61. I have a history of heart attack  Yes  No

62. I have a history of congestive heart failure  Yes  No

63. I have a history of cardiac arrhythmia  Yes  No  
If "YES", are you on medication for this?  Yes  No

64. I have a history of high/low blood sugar  Yes  No  
If "YES", are you on medication for this?  Yes  No

65. I have a history of lung disease  Yes  No  
If "YES", are you on medication for this?  Yes  No

66. I have a history of Arthritis and Rheumatism  Yes  No

If "YES", are you on medication for this?  Yes  No

67. I have a history of hiatal hernia or reflux esophigitis  Yes  No

If "YES", are you on medication for this?  Yes  No

68. I have a history of thyroid disease  Yes  No  
If "YES", are you on medication for this?  Yes  No

### EPWORTH SLEEPINESS SCALE

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? (This refers to your usual life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you). Use the following scale to choose the most appropriate number for each situation.

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

*Chance of Dozing*      0      1      2      3

Sitting and reading-----

Watching television-----

Sitting inactive in a public place (i.e. a theater or a meeting)  
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As a passenger in a car for an hour without a break  
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Lying down to rest in the afternoon when circumstances permit -----

Sitting and talking with someone.

Sitting quietly after lunch without alcohol  
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In a car, while stopped for a few minutes in traffic  
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