

Talking to your GP about sleep

Fill in what you can. You do not need to complete every question.

Name (optional): _____

Appointment date: _____

1. What is the main sleep problem you want help with?

2. When did it start? Has it changed recently?

3. On a typical night:

Go to bed: _____

Try to sleep: _____

Time to fall asleep: _____

Wake during night: _____

Final wake time: _____

Get out of bed: _____

4. How does this affect you during the day?

5. What have you already tried?

6. Anything else your GP should know (snoring, breathing, legs, mood, pain)?

Medicines and questions

Medicines, pharmacy products and supplements

Bring the packets or a current medication list if that is easier.

Name	Amount / when taken	What it is for

Changes in work, health, routine or life that may be relevant:

Questions I want to ask

- ☐ What might be contributing to this?
- ☐ Could any medicine or health issue be relevant?
- ☐ What options are available to me?
- ☐ Would a referral or follow-up be appropriate?

My own questions: