



BlueCross BlueShield of Texas



BlueResourceSM – Healthy Lifestyle – Assessing Your Sleep Habits

Take This Sleep QuiZzzzz

A good night's sleep is bliss. At least seven hours of shut-eye gives your body time to rest and heal. Sure, we all spend an occasional night tossing and turning, but what if it happens often? Fifty to 70 million U.S. adults suffer from a sleep disorder. Are you one of them? Consider these questions:

- Do you lie awake for an hour or more before falling asleep?
- Do thoughts race through your mind when you're in bed?
- Do you snore loudly?
- Do you gasp for breath or stop breathing during sleep?
- Does your heart race or beat irregularly?
- Do you sweat while you sleep?
- Do you have trouble keeping your legs still while you sleep?
- Do you wake up earlier than you planned?
- Do you have headaches in the morning?
- Do you feel sleepy while driving?
- Do you have trouble at work or school due to lack of sleep?

If you answered yes to more than three questions, consider talking with your doctor.



Wake up to the warning signs of sleeping disorders.

Sources: *Sleep Quiz.* University of California San Francisco Health. 2020.
Sleep and Sleep Disorder Statistics. Sleep Association. 2018.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

9100365.0920