

Do you have a sleep disorder?

This information should only be used for educational purposes in consultation with your physician. Good Sleep Health Inc assumes that you have read and understood the [Terms of Use Agreement](#).

Author: Dr. Ron Cridland

There are about 32 different sleep disorders many of which can present with symptoms of insomnia, fatigue or sleepiness. To effectively manage these symptoms you need to have an idea of the underlying disease process.

To help you with this, we have developed the [Online Sleep Disorder Questionnaire](#) (OSDQ). This questionnaire has been developed after over 17 years of experience in diagnosing and managing sleep disorders. You can use this questionnaire to help give you and your doctor an idea of what sleep disorders you may have contributing to your symptoms of insomnia, fatigue and daytime sleepiness. The results of the Questionnaire will also point you to articles on these various conditions that will provide you with more information about how these sleep disorders are diagnosed and treated.

To complete the [Online Sleep Disorder Questionnaire](#) please follow this link to register: [Questionnaire](#).