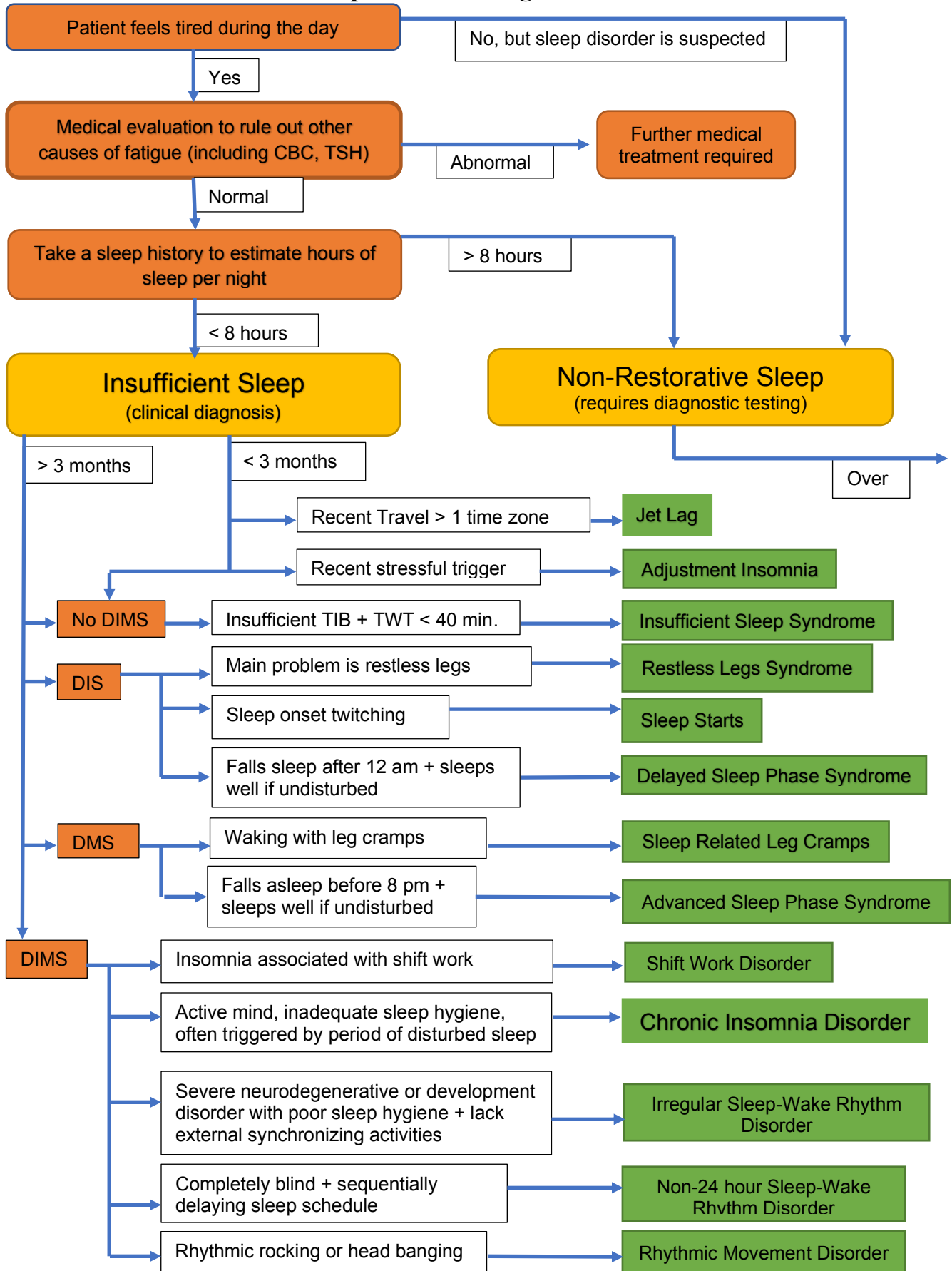
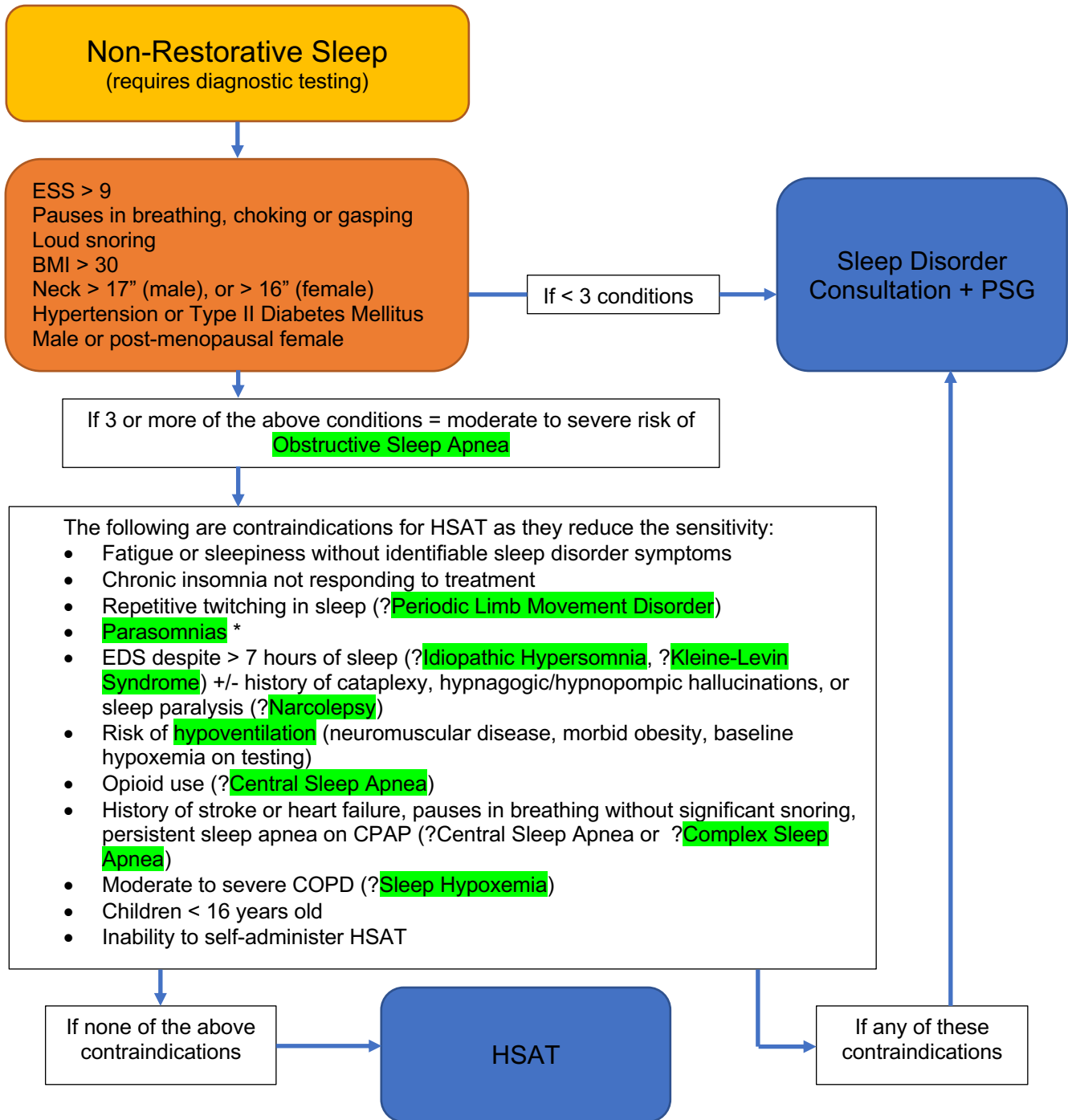


Sleep Health Institute
Sleep Disorder Diagnostic Tool



Difficulty Initiating +/- Maintaining Sleep (DIMS), Difficulty Initiating Sleep (DIS), Difficulty Maintaining Sleep (DMS), Total Sleep Time (TST), Time In Bed (TIB)

Sleep Diagnostic Tool-page 2



*Non-REM Parasomnias:

- Talking, opening eyes, sitting up but not awake - **Confusional Arousal** (Sleep Talking)
- Walking while asleep, history since childhood - **Sleep Walking Parasomnia**
- Crying, screaming, distress, inconsolable, unable to wake, usually in children - **Sleep Terrors**
- Sleep walking and eating - **Sleep Related Eating Disorder**
- Waking up to eat but may not be fully in control - **Night Eating Syndrome**
- Bed wetting - **Sleep Enuresis**

*REM Parasomnias:

- Moving, fighting, yelling in REM sleep usually in older patients - **REM Sleep Behavior Disorder**
- Upsetting or violent dreams that disturb sleep - **Nightmare Disorder**
- Waking up unable to move or speak for seconds to minutes - **Sleep Paralysis**
- Hallucinations at sleep onset (hypnagogic) or during sleep (hypnopompic) **Sleep Related Hallucinations**