

# ARCSM BED PARTNER / SLEEP OBSERVER QUESTIONNAIRE

Please circle answers that best describe your observations of the patient's condition.

The patient snores when sleeping on / in:

the back only      sides too      all positions      doesn't snore at all      I don't know

The patient's snoring is:

soft      medium      loud      variably present      always present

The patient's snoring and / or breathing pattern can disrupt my sleep.      Yes      No

The patient may snort, gasp, cough, or choke during sleep.      Yes      No

The patient seems to have pauses in breathing or to stop breathing during sleep.      Yes      No

The patient has trouble breathing normally during sleep when:

sleeping on the back      sleeping on the sides      all positions      never has trouble

The patient often is excessively sleepy during the day.      Yes      No

The patient often has trouble staying awake while driving.      Yes      No

The patient is often difficult to awaken in the morning.      Yes      No

The patient often has difficulty with their memory and concentration.      Yes      No

The patient often complains of a headache upon waking from sleep.      Yes      No

The patient has an irregular sleeping / wake schedule.      Yes      No

The patient's frequent arm, leg, or body movements bother my sleep.      Yes      No

The patient frequently exhibits unusual, abnormal behavior during sleep.      Yes      No

The patient frequently has no energy for activities with family and friends.      Yes      No

The patient frequently has trouble getting to sleep and / or falling asleep.      Yes      No

## PLEASE INDICATE YOUR RELATIONSHIP TO THE PATIENT

Spouse      Friend      Family      Significant Other      Care Provider

***IF YOU NEED TO CLARIFY ANY OF YOUR ANSWERS ABOVE IN MORE DETAIL,  
OR IF YOU HAVE OTHER IMPORTANT INFORMATION ABOUT THE PATIENT'S SLEEP,  
OR ADDITIONAL INFORMATION ABOUT THE PATIENT'S OVERALL MEDICAL CONDITION,  
PLEASE FEEL FREE TO DESCRIBE  
YOUR OBSERVATIONS OR CONCERNS ON THE REVERSE SIDE OF THIS PAGE.***