

TALK TO YOUR DOCTOR ABOUT SLEEP



Consistent trouble falling asleep, staying asleep, or feeling well-rested can lead to long term health issues. Use these tips when talking with your doctor to be on the road to better rest.



Come Prepared

- Write down what you would like to discuss with your doctor, such as changes in energy, mood, or periods of restlessness at night
- Write down how poor sleep has impacted your daily life
- Bring your sleep tracker

Talk to Your Circle

- Ask your family and friends if they have noticed changes in your energy or mood
- Write down any helpful insights to share with your doctor

Take Notes

- Take notes during your appointment
- Ask your doctor to further explain or repeat anything you didn't understand
- Keep copies of any test results and appointment summaries

Advocate for Yourself

- Not getting adequate sleep can be extremely frustrating, especially when tiredness is impacting your daily life
- You are the expert when it comes to your sleep habits. Be clear about your sleep health goals

If you're struggling, you're not alone:



35% of adults sleep less than 7 hours per night



14.5% of adults have trouble falling asleep



17.8% of adults have trouble staying asleep



25% of adults experience daytime sleepiness

Learn more:



daviscountyutah.gov/health/sleep