

Restless Legs

- When you try to relax in the evening or sleep at night, do you ever have unpleasant, restless feelings in your legs that can be relieved by walking or movement?
- Do you get these feelings in the day as well? If so are they worse during the day or the night?

Periodic Limb Movements

- Have you ever been told you kick or fidget your legs in your sleep?
- Do your legs twitch repeatedly late at night when you are sleepy?
- When you wake up, are there signs that you have been very restless during the night?

Nightmares and Night Terrors

- Do you regularly suffer from nightmares?
- Do you recall the nightmares vividly on waking?
- Are these awful, frightening dreams or anxious unpleasant dreams?
- What time of the night do they occur?

Unusual Behaviours in the Night

- Have you ever been told, or suspected yourself, that you seem to 'act out your dreams' while asleep (e.g. punching, flailing your arms in the air, making running movements, etc.)?
- Do you sleep walk?
- How often does the behaviour occur?
- Is the behaviour the same each time or does it vary?
- What time of the night does it occur?

Hypnagogic/Hypnopompic Hallucinations

- When you are drifting into or out of sleep, do you ever see or hear or feel things that aren't there, e.g. a sensation that there is someone in the room, seeing shadowy figures or faces or hearing your name called?
- If so, how often?

Sleep Paralysis

- When you fall asleep or wake up, do you ever find you are completely paralysed?
- Do you feel that you cannot breathe during these episodes?
- Are you able to talk during these episodes?
- Do they resolve suddenly or gradually?

Cataplexy

- When you are **awake**, if something makes you laugh, makes you angry or surprises you, do you suddenly feel very weak, so you can't hold your head up or your legs turn to jelly?
- Do you feel weak but alert, or do you feel sleepy?

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