



**COLORADO SPRINGS HEALTH PARTNERS
SLEEP CENTER**

1625 Medical Center Point, Suite 290
Colorado Springs, CO 80907

Phone: 719-XXX-XXXX Fax: 719-XXX-XXXX

POST SLEEP QUESTIONNAIRE

PLEASE RATE YOUR SLEEP:

- Last night, I slept:
 Much better than usual Same as usual Worse than usual

- This morning, I feel:
 More alert and awake than usual The same as usual Less awake and alert than usual

- How long did it take you to fall asleep last night?
 About the same as usual Much shorter time Longer Much longer

- Last night, I woke up:
 One to Two times Three to Four times Frequently Not at all

- My sleeping area was:
 Very comfortable Average Not comfortable Very poor

- My Bed was:
 Very comfortable Average Not comfortable Very poor

- The temperature in my sleeping area was:
 Very comfortable Average Not comfortable Very poor

- I would recommend this facility to others:
 Definitely Probably Probably Not Definitely Not

Comments:

Thank you for your feedback! Our technician will forward your study to be read by our sleep specialist and the results will be provided to your primary care physician.