If you think you may have a sleep disorder, take our sleep quiz on the reverse side and call Kettering Health Network Sleep Centers to schedule a consultation with one of our sleep physicians.

Kettering Health Network Sleep Centers
Sleep is important. Call today 1-855-400-SLEEP (7533)
Learn Your Risk

Do you suffer from a Sleep Disorder? Take this Sleep Quiz to assess your risk.

☐ Yes  ☐ No  Have you been told you snore loudly?
☐ Yes  ☐ No  Do you stop breathing while sleeping?
☐ Yes  ☐ No  Do you have headaches when you wake up?
☐ Yes  ☐ No  Do you wake up during the night gasping for air?
☐ Yes  ☐ No  Do you have a dry mouth when you wake up?
☐ Yes  ☐ No  Are you sleepy during the day, even though you got enough sleep?
☐ Yes  ☐ No  Do you become sleepy while driving?
☐ Yes  ☐ No  Is your sleepiness getting worse over the years?
☐ Yes  ☐ No  Are you overweight?
☐ Yes  ☐ No  Do you have high blood pressure?

If you answered yes to three or more of these questions, you may be at risk for a sleep disorder. With seven locations and a variety of services, we have the expertise to help you sleep better.

Call 1-855-400-SLEEP (7533)
or visit ketteringhealth.org/sleep