

## Talking with Your Doctor about Sleep

As a commercial driver, you know the dangers of sleep deprivation on the road. Good sleep plays a vital role in keeping you alert and safe on the job. So, if you're having trouble sleeping, it's important to discuss these problems with your family and doctor.

Most sleep problems and disorders are easily diagnosed and can be treated effectively; however, neglecting your sleep can put you at high risk for fatigued driving.

### **Be Knowledgeable About Your Sleep:**

- Take a self-screener such as *How's Your Sleep?*
- Keep a *Sleep Diary* for about 10 days, recording before-bed activities, sleep and wake times, caffeine consumption, exercise, and waking up during the night.

### **Be Prepared for Your Doctor Appointment by Bringing:**

- The self-screener and sleep diary—look for patterns and occurrences of sleep problems
- Your medical history
- A list of medications and supplements—over the counter and prescription, for all medical conditions
- Any information you have gathered about sleep
- Someone else in the household, who may know more about your sleep habits than you do and can be an important part of the treatment plan

### **Be Ready:**

- Be open, honest, and prepared to talk with your doctor about your habits, concerns, and health. The more you keep your doctor informed, the better he or she will be able to help you.

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