



Woodinville Sleep Improvement Center

17311 135th Ave NE Ste. A-800
Woodinville, WA 98072
Phone: (425) 286-6256
Facsimile: (425) 286-6257
www.woodinillesleep.com

Poor Sleep Symptoms Word Search

Check off symptoms that you have been experiencing. Find the symptoms you checked off in the word search puzzle below. Bring in your finished puzzle to our office to find out how we can help.

- | | | |
|---|---|---|
| <input type="checkbox"/> acidic taste in mouth (while asleep) | <input type="checkbox"/> anxiety at bedtime | <input type="checkbox"/> can't fall asleep |
| <input type="checkbox"/> can't stay asleep | <input type="checkbox"/> choking (while asleep) | <input type="checkbox"/> daytime fatigue |
| <input type="checkbox"/> difficulty breathing on back | <input type="checkbox"/> difficulty concentrating | <input type="checkbox"/> feel paralyzed (just before sleep) |
| <input type="checkbox"/> frequent awakenings | <input type="checkbox"/> grind teeth | <input type="checkbox"/> hallucinations before sleep |
| <input type="checkbox"/> lack of energy | <input type="checkbox"/> memory loss | <input type="checkbox"/> morning headaches |
| <input type="checkbox"/> nasal congestion | <input type="checkbox"/> overweight | <input type="checkbox"/> read, eat, or watch tv in bed |
| <input type="checkbox"/> restless legs | <input type="checkbox"/> shortness of breath | <input type="checkbox"/> snoring |
| <input type="checkbox"/> stop breathing (while asleep) | <input type="checkbox"/> sweat in bed | <input type="checkbox"/> unrefreshing sleep |
| <input type="checkbox"/> use sleep medications | <input type="checkbox"/> work at night | |

L G F N P P T O W C N L M A C G E O A I T F G R R C
 A N X I E T Y A T B E D T I M E S T O T N M D L S H
 C I D A E F R Y F M L F L N O E G Y T E E U N G T N
 K T E U L N A O S W B L A S N U R R S M N S E E W A
 O A B V S T O P B R E A T H I N G E O G N L E C C S
 F R N P E E L S G N I H S E R F E R N U S T I I C A
 E T I O R T S F D M T W S R I R Y C C S D P D O D L
 N N V A O T C L E F P I L H E L G T E N E I S E R C
 E E T E F E I S E E O A E K O A L L I E C E S E C O
 R C H R E I R G S E L N H S D A T R L T G R K I L N
 G N C T B E N N E U P P S I S S G S A I I L R I N G
 Y O T C S W I I O O N M A G E I A S I N R O H I G E
 K C A B N O G N I H T A E R B Y T L U C I F F I D S
 T Y W O O R A E S E H C A D A E H G N I N R O M H T
 C T R N I K I K E A E Y G T I L T S A N N T T Y F I
 R L O N T A B A R G T A S N F C Y H B L N M S O N O
 S U T E A T S W A C C T M E I L A Z G C L T N A P N
 W C A E N N M A S A N O S N B R N T E I O Y E F H A
 E I E S I I D T A A U B P Y T A O T I D E I B I N S
 A F D W C G P N C T R F T H H I S N N O L W N T L O
 T F A E U H U E H H T A E R B F O S S E N T R O H S
 I I E E L T T U O T O S C A N T F A L L A S L E E P
 N D R B L A N Q M E N K E C E E T I D S M O I P V U
 B R G E A I U E N L I O I N A R U O B S A U S R C O
 E N T A H Y P R E T G N I N E A P Y I O T E N U T E
 D A Y T I M E F A T I G U E G E L S O C E L T H N G