

Chief Complaint

Jane Doe is a 41 year old female. Her reason for visit is "I awaken a lot at night and do not feel rested in the morning".

History of Present Illness

#1. "insomnia":

Quality: She reported: Restless sleep. She denied: Restless legs.

Severity: She reported: Difficulty falling asleep. Daytime sleepiness interferes with life.

Timing: She reported: Awakening in the morning with a headache.

Context: She reported: Concentration difficulty during the day. Sleep schedule disturbed by shift work. She denied: Sleep schedule irregular and disturbed by travel.

Modifying Factors: She denied: Sleeping better away from own bed.

Associated Signs and Symptoms: She reported: Moderate chance of somnolence riding in a car. Very likely chance of somnolence reading, watching television, reclining, and after lunch. Awakening gasping or choking. Slight chance of somnolence in a public place and talking. Pathologically sleepy. Unintentional daytime sleeping. Intentional daytime naps sometimes. She denied: Chance of somnolence stopped in traffic. Daytime sleepiness causes accidents or near-accidents. Insomnia secondary to pain. Early morning awakening. Falling out of bed. Paralysis on awakening.

Past, Family, and Social History

Social History

She denied: Bed partner disturbs sleep. Exercising within 2 hours before sleep.

Tobacco Use

History of: Former tobacco user.

Alcohol

She denied: Alcohol use before bedtime.

Caffeine

History of: Drinking caffeinated beverages in afternoon or evening. Consumes 5 to 7 servings of caffeinated foods per day.

Environmental Hazards

She denied: Light in bedroom. Sleeping in noisy environment.

Medication History

Ongoing Medications

She denied: Prescription medication for sleep.

Over-the-counter Medications

She denied: Over-the-counter medication for sleep.

Review of Systems

Constitutional

She reported: Night sweats.

Ear, Nose, and Throat

She reported: Awakening in the morning with a dry mouth.

Respiratory

She reported: Snoring loudly with pauses in breathing at night. Sleep apnea.

Genitourinary

She denied: Insomnia secondary to nocturia. Enuresis.

Psychiatric

She reported: Recent stress. Insomnia secondary to anxiety. Frequent nighttime awakening with difficulty returning to sleep. Nonrestorative sleep. Sleep loss affects mood. Anxiety at night. Does not want to talk about mental health issues. Irritable during the day.

She denied: Somnambulism. Hypersomnia. Nightmares.

Self-assessment Scales

Title: **Epworth Sleepiness Scale**

Description: To assist physicians in their recognition of daytime sleepiness.

Patient Score: **16 - Severe sleepiness**

Scoring Key and Interpretation:

- 0 - 7 : Normal sleep function
- 8 - 10 : Mild sleepiness
- 11 - 15 : Moderate sleepiness
- 16 - 20 : Severe sleepiness
- 21 - 24 : Excessive sleepiness

Reference: *Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. Sleep 1991; 14(6):540-5.*