

Ask Questions

When it comes to your sleep health, it is important to address your concerns with your doctor. Write down any questions you may have in advance. Here are some questions you may want to ask your doctor.



Management Strategies

1. What types of management strategies are available to me in Canada?
2. Based on how insomnia is affecting my life (ie. the next day impact) which management strategies should I consider?
3. What should I keep in mind when I am selecting a management strategy?



Tips to help your discussion

- Start the conversation: Be sure to bring it up as soon as you get a chance. It can be easy to forget to raise the issue while you and your doctor are discussing other areas of your health.
- Be prepared: Bring your self-assessment results to share with your doctor. This will help them get a better idea of what you're experiencing.