

# Preparation for (sleep) doctor's visit.

A basic plan can help you get the best out of your appointment, whether you're starting with a new doctor or going through with the doctor you've been seeing for years. The following tips will make it easier for you and your doctor to discuss everything you want to talk about. Make a list of topics. Put the 3 to 5 most important topics that affect your daily life the most and put them in order of importance. Don't wait until the end of the conversation to discuss this but start with it. Save the rest for later.

Doctors name	Appointment date	Appointment time	Address	Phone number							
Subjects in order of importance											
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
Notes:											

#### Make a medication list.

You may be taking many different medicines, as well as numerous vitamins and self-care medicines. It can be confusing to keep track of everything! Consult your pharmacist for your medication history. The attached form can help you. Because your medication use can change over time, make a print of the blank form (on the last page), so that you always have a blank form to use. Always try to bring a completed and updated form with you to each appointment with a doctor.

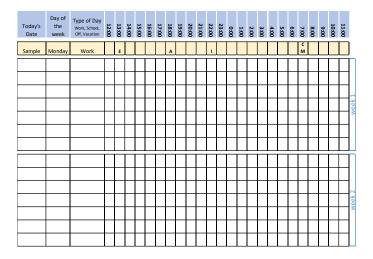
Medication name	What for	Start date	From which doc	Shape & color	Brand	Dosis & usage

In addition, bring a list with the name and telephone numbers of the other doctors you visit. Don't forget your insurance card. Review this information with your doctor to see if everything has been updated to your current circumstances.



### Create a sleep diary.

Print out our sleep diary and keep it up, for the last 2 weeks before you have an appointment. This can give a completely different picture of your situation than you experience yourself. If you receive another sleep diary in advance, use it. For a doctor, this is not necessary at every appointment but does give you insight into your sleep-wake rhythm and conversation material.



## Bring a family member or a friend.

Sometimes it is useful to bring a family member or close friend. Especially in the case of people with narcolepsy. Let your family member or friend know in advance what you want to get out of your visit. This one can remind you what you intended to discuss with the doctor if you forget. He or she can also take notes for you and can help you remember what the doctor said. Certainly not an unnecessary luxury!

## Contact information

Ask your doctor for his contact information and preference of communication.

### Get the most out of your doctor's appointment.

- Be honest. It is tempting to say what you think the doctor wants to hear, but it makes it more difficult for the doctor to decide what is best for you. Say it for example, if you use CBD oil or other natural remedies for your sleep. Both for yourself and for the doctor to be able to better estimate what that does for patients.
- 2. Choose three to five questions or concerns that you want to talk about the most with the doctor. List the topics at the beginning of the appointment and then discuss them in turn. If there is time left, you can continue with other questions. Stick to the topic. Although it is very tempting to attach personal examples to everything, you lose a lot of time if you stray too much from the subject. As a result, fewer of your questions will be addressed.



- 3. Share your opinion both about the visit and about the treatment. Tell the doctor if you feel rushed, worried, or uncomfortable. If necessary, you can offer to come back for a second visit to discuss your concerns. Try to express your feelings positively. For example, you might say something like, "I know you've got to see a lot of patients, but I'm really worried about that. I would feel much better if we could talk about it a little bit more." The right communication is a big part of the right treatment.
- 4. Remember that the doctor is not always able to answer all your questions. Even the best doctor may not be able to answer some questions. Most doctors will tell you when they have no answers. However, they can help you find the information you need or refer you to another specialist.

Attachment I – Subjects list

Doctor's name	Consult date	Time	Address	Telephone nr

	Subjects in order of importance
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
Notes:	



#### Attachment II – Medication list

Medication name	What for	Start date	From which doctor?	Shape & color	Brand	Dosis & usage



#### Attachment III – Two weeks sleep diary

#### **INSTRUCTIONS:**

- 1. Write the date, day of the week, and type of day: Work/School/Day Off/Vacation.
- 2. Put "C" in the box when you have coffee, soft drink, or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise.
- 3. Put a line (I) to show when you go to bed. Shade in the box that shows when you think you fell asleep.
- 4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day
- 5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

SAMPLE ENTRY: On Monday, a work day, I jogged on my lunch break at 1 pm, had a glass of wine with dinner at 6 pm, fell asleep watching TV from 7 pm to 8 pm, went to bed at 10:30 pm, fell asleep around midnight, woke up and couldn't get back to sleep at about 4 am, went back to sleep from 5 am to 7 am and had coffee and medicine at 7:00 am.

Today's Date	Day of the week	Type of Day Work, School, Off, Vacation	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	0:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	
Sample	Monday	Work		E					А				I									C M					J
																											k 1
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