



SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

HANDOUT-ABLE: Cognition and Sleep Tracker

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>P = Present NP = Not Present C = Conducted NC = Not Conducted in 1-10 severity rankings, 1 = very mild symptoms and 10 = profound</i>							
SLEEP DESCRIPTIONS:							
Difficulty initiating sleep: P/NP – if P, then rank 1-10							
Sleep disruption after falling asleep: P/NP – if P, then rank 1-10							
Quality of sleep difficulty, of time slept: P/NP – if P, then rank 1-10							
Difficulty returning to sleep after waking: P/NP – if P, then rank 1-10							
Total number of hours sleeping:							
Other description of sleep patterns: (list/describe)							
FACTORS WHICH MAY BE IMPACTING SLEEP:							
Presence of medications to encourage sleep: (P/NP)							
Napping occurred: (P/NP — if P, # of occurrences, length of napping)							
Stress was evident throughout the day: P/NP – if P – then rank 1-10							
Physical exercise occurred: C/NC – if C, log type/intensity/length							
Sleep hygiene: lighting changes were attempted: C/NC (list details)							
Sleep hygiene: sensory changes to “self-soothe” to “wind down” for sleep were performed (sound, smell, touch, taste): C/NC (list details)							
Sleep hygiene: Electronics were avoided after 6 p.m.: C/NC							
Sleep hygiene: — reading a traditional book/magazine in bed prior to sleep occurred: C/NC (list details)							
Sleep hygiene: participated in relaxation/mindfulness prior to sleeping: C/NC (list details)							
Sleep hygiene: other sleep hygiene practices occurred: C/NC (list/details)							
Other Factors that impacted sleep were at play: P/NP (list/describe)							



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MEDICAL DIAGNOSES' IMPACT ON SLEEP:							
Pain during the day: P/NP – if P, rank 1-10, length/location							
Pain during the night: P/NP – if P, rank 1-10, length/location							
Nausea: P/NP – if P, rank 1-10, length of symptoms							
Other medical symptoms which impact sleep: (list/describe)							
MENTAL HEALTH DIAGNOSES' IMPACT ON SLEEP:							
Emotional vulnerabilities were present: P/NP – if P – describe/list,, what behaviors it tends to trigger, the response to vulnerabilities.							
An increase in behavioral health symptoms occurred: P/NP – if P, type of symptoms, impact, how coping occurred							
Other mental health factors impacted sleep: (list/describe)							
HOW SLEEP MAY BE AFFECTING FUNCTIONING:							
Distractibility/difficulty with attention occurred: P/NP – if P, rank 1-10							
Difficulty with vigilance/(watching for possible danger) occurred: P/NP – if P, rank 1-10							
Difficulty with follow-through occurred: P/NP – if P, rank 1-10							
Difficulty with working memory occurred: P/NP – if P, rank 1-10							
Difficulty with long-term memory occurred: P/NP – if P, rank 1-10							
Difficulty with decision-making occurred: P/NP – if P, rank 1-10							
Accidents/judgment difficulties occurred: P/NP – if P, rank 1-10							
There were difficulties with mood: P/NP – if P, rank 1-10							
There were fatigue symptoms during the day: P/NP – if P, rank 1-10							
Other possible impacts on functioning: (list/describe)							

SLP-chosen for you, from the Nicespeechlady.com library



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Patient/family members/caregivers:

With all of the above information you have listed, do you think you might benefit from a referral for an evaluation and treatment for potential difficulties with sleep functioning?

Yes

No

Maybe/I Don't Know

Please take these filled-out sheets to your referral to the following circled provider. The speech pathologist is making this referral based upon a variety of data that is available regarding your case. The information in these handouts will be helpful to the provider for analyzing patterns.

The referral is being made by SLP (regarding the patient's relationship with sleep) for evaluation with the following provider:

Primary Care Physician

Neurologist

Psychologist

Psychiatrist

Alternative Medicine Practitioner (Type): _____

ENT

Dentist

Respiratory therapist

Somnologist

Other (Type): _____



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References:

E. Morrow, Duff, M. “Sleep Supports Memory and Learning: Implications for Clinical Practice in Speech-Language Pathology” 2019. *AJSLP* 19-00125. 577-585. https://doi.org/10.1044/2019_AJSLP-19-00125

Durmer, J. and Dinges, D. “Neurocognitive consequences of sleep deprivation” 2005. *Semin Neurol.* Mar;25(1):117-29. doi: 10.1055/s-2005-867080.

Alhola, P. and Polo-Kantola, P. “Sleep deprivation: Impact on cognitive performance” *Neuropsychiatr Dis Treat.* 2007 Oct; 3(5): 553–567. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2656292>

Sandlund, C., Westman, J., Hetta, J., 2016, “Factors associated with self-reported need for treatment of sleeping difficulties: a survey of the general Swedish population” *Sleep Med.* 27544839. pp. 65-74. . <https://doi.org/10.1016/j.sleep.2016.03.016>

Rångtell, F, Karamchedu, S., Andersson, P., Liethof, L. Olaya Búcaro, M., Lampola, L. Schiöth, H., Cedernaes, J., Benedict, C. 2019. “A single night of sleep loss impairs objective but not subjective working memory performance in a sex-dependent manner” *J Sleep Res.* 28(1):e12651. <https://doi.org/10.1111/jsr.12651>