

Consult your doctor if:

- you think you're getting enough sleep but still feel very tired during the day
- you fall asleep mid-conversation or during meals
- you collapse when you laugh or experience other strong emotions
- you physically enact your dreams, and/or lash out and injure yourself or your partner while you are asleep
- your partner is regularly disturbed by your snoring, sleep talking or walking
- you thrash about a lot while asleep
- there is unexplained damage to your home in the morning or evidence of missing food
- you've started or changed any medication and found your sleep affected.

These are all telltale signs of various sleep disorders and should be addressed without delay.

