Weybridge Sleep Clinic

4 Church Street, Weybridge KT13 8DX · Tel: 01932 555 0142

PATIENT **Priya Chandran** | DOB **14/02/1982** | INTERVIEW COMPLETED **2 September 2026** | EXPORTED **3 September 2026**

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Patient-reported data only — your clinical interpretation follows in the appointment.

AT A GLANCE

Generated 21:14 BST

Complaint	**Difficulty getting to sleep and waking "about 3am most nights"**	Duration	**About 8 months**
BMI	**24 (patient-reported height and weight)**	ESS	**5/24**
STOP-Bang	**1/8**	ISI	**19/28**
Safety status	**No safety flags reported**		

KEY POINTS

- Difficulty falling asleep, taking "over an hour, sometimes two", for about 8 months.
- Waking "about 3am most nights" and "lying there until the alarm".
- Feels "wiped out" in the day but denies dozing off; ESS 5/24.
- 4 coffees a day, the last "about four o'clock", and using a phone in bed.

SAFETY FLAGS

REPORTED PRESENT
None reported.

REPORTED ABSENT
Falling asleep while driving or feeling drowsy at the wheel; witnessed pauses in breathing during sleep; thoughts of self-harm (asked as part of the mood questions).

QUESTIONNAIRE SCORES

Insomnia Severity Index (ISI)	19/28	Clinical insomnia, moderate severity
Epworth Sleepiness Scale (ESS)	5/24	Lower normal daytime sleepiness

PROBLEM SUMMARY

An eight-month history of trouble getting to sleep and staying asleep. Bedtime is "about eleven"; taking "over an hour, sometimes two" to fall asleep and waking "about 3am most nights", then "lying there until the alarm" at 06:30. Describes the daytime effect as feeling "wiped out" and "snappy with the kids", but reports not falling asleep during the day.

SLEEP PATTERN

- **Bedtime:** "about eleven"; lights out shortly after, phone in bed "for a bit".
- **Sleep onset:** "over an hour, sometimes two", "mind racing about work".
- **Night waking:** "about 3am most nights"; usually does not get back to sleep.

DAYTIME IMPACT

- Feels "wiped out" and finding it "hard to concentrate at work".
- "snappy with the kids" and "not myself".
- No episodes of falling asleep unintentionally; ESS 5/24.

MEDICATIONS AND LIFESTYLE

- **Medications:** no regular tablets or medicines.
- Tried "over-the-counter sleeping tablets" from a pharmacy "for a couple of weeks"; "they made me groggy".
- Non-smoker. Caffeine and alcohol as above.

RELEVANT COMORBIDITIES

- Low mood "most days" for "a few months" and links it to the sleep problem.
- "my periods have been all over the place this year".
- **Reported absent:** snoring, witnessed pauses in breathing, restless or jumpy legs at night, headaches on waking.

OUTSTANDING CLINICAL QUESTIONS

- Whether anyone has observed the patient's sleep is not established; the patient sleeps alone.
- The change in periods was mentioned by the patient and not explored further in the interview.