Lifestyle Questions:

This survey is meant to help the doctor understand what you're experiencing on a regular basis- whether it's caused by your oposture, stress, etc. Your responses will help make sure you receive the best care possible. How often do you experience any of these symptoms? Circle one: -You get headaches of any severity each week (even just a dull ache counts). -Your headaches tend to get worse later in the day. -Your headaches are generally worse at work than they are at home or on weekends 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway Stiffness/ pain in neck/ Shoulders -You experience frequent tension in your head, neck or shoulders. -You get frequent massages/ chiropractic adjustments. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway Discomfort with -You feel like you are more productive at work in the morning vs. the afternoon. Computer Use -Your eyes get tired, burn, or get red easily when you work at computer for long hours. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway -Your eyes feel fatigued/tired at the end of a workday. -Your eyes generally feel better in the morning compared to the end of the day. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway -Your eyes generally feel better in the morning compared to the end of the day. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway -Your eyes progressively feel more dry/sandy/gritty as the day goes on. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway Dry Eye -Your eyes progressively feel more dry/sandy/gritty as the day goes on. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway -Your eyes progressively feel more dry/sandy/gritty as the day goes on. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway -Your eyes progressively feel more dry/sandy/gritty as the day goes on. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway -Your eyes progressively feel more dry/sandy/gritty as the day goes on. 1 Never 2 Rarely 3 Sometimes 4 Very Often 5 Alway -Your eyes generally is difficult because of glare from headlights. -Pointing at night	Name:			yie Questi		Date:		
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