

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## EPWORTH SLEEPINESS SCALE

Use the following scale to choose the most appropriate number for each situation:

**0** = would *never* doze or sleep

**1** = *slight* chance of dozing or sleeping

**2** = *moderate* chance of dozing or sleeping

**3** = *high* chance of dozing or sleeping

### Situation

### Chance of Dozing or Sleeping

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting inactive in a public place (e.g., movie, meetings) \_\_\_\_\_

Being a passenger in a motor vehicle for an hour or more \_\_\_\_\_

Lying down in the afternoon \_\_\_\_\_

Sitting and talking to someone \_\_\_\_\_

Sitting quietly after lunch (no alcohol) \_\_\_\_\_

Stopped for a few minutes in traffic while driving \_\_\_\_\_

**Your Epworth Score: (add up the scores)** \_\_\_\_\_

## Questionnaire for Sleep Apnea Risk

Assess your risk for sleep apnea. The total score for all 5 sections is your *Apnea Risk Score*. **Circle** your best answer for each question and see where you stand.

- A. How frequently do you experience or have you been told about snoring loud enough to disturb the sleep of others?
1. Never
  2. Rarely (less than one time a week)
  3. Occasionally (up to 3 times a week)
  4. Frequently (more than 3 times a week)
- B. How often have you been told that you have "pauses" in breathing or stop breathing during sleep?
1. Never
  2. Rarely (less than one time a week)
  3. Occasionally (1 - 3 times a week)
  4. Frequently (more than 3 times a week)
- C. How much are your overweight?
1. Not at all
  2. Slightly (10 - 20 pounds)
  3. Moderately (20 - 40 pounds)
  4. Severely (more than 40 pounds)
- D. What is your Epworth Sleepiness score?
1. Less than 8
  2. 9 – 13
  3. 14 – 18
  4. 19 or greater
- E. Does your medical history include:
1. High blood pressure
  2. Stroke
  3. Heart disease
  4. Gastric reflux disease (GERDS)
  5. More than 3 awakenings a night (on the average)
  6. Excessive fatigue
  7. Morning headaches and / or sore throat
  8. Difficulty concentrating or staying awake during the day.