Sinai Hospital **SLEEP CENTER**

Sleep questionnaire #1

SCORE

Sleep medicine specialists use the Epworth Sleepiness Scale to identify the level of daytime sleepiness. Using the following scale…

0 = never doze
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing

…how would you rate these activities?

- Sitting and reading
- Watching TV
- Sitting, inactive in public
- Car passenger (for an hour)
- Lying down in the afternoon
- Sitting and talking to someone
- Sitting quietly after lunch (no alcohol)
- Stopped for a few minutes in traffic

A total score of 10 or more suggests wake time sleepiness that may require a sleep evaluation to determine whether you are obtaining adequate sleep or may have an underlying sleep disorder. If your score is 10 or more, please share this information with your physician.

total

Sleep Questionnaire #2

SCORE

Determine your "Apnea Risk Score." Compare your total score from all five sections with the ranges below.

1. Do you have a history of snoring?
   a. no (0)
   b. mild infrequent (2)
   c. moderate/inconsistent (3)
   d. severe/ consistent (5)
2. Have you ever been told that you have "pauses" in breathing during sleep?
   a. no (0)
   b. yes, but infrequent (6)
   c. yes, inconsistent but most nights (8)
   d. yes, severely so (10)
3. Are you overweight?
   a. no (0)
   b. yes, <20 lb (1)
   c. yes, 20-50 lb (2)
   d. yes, > 50 lb (4)
4. Evaluate your sleepiness from Sleep Questionnaire #1 (the Epworth Sleepiness Scale)
   a. score less than or equal to 8 (0)
   b. 9-13 (3)
   c. 14-18 (5)
   d. greater than or equal to 19 (8)
5. Does your medical history include...
   a. high blood pressure (5)
   b. stroke (3)
   c. heart disease (3)
   d. morning headaches (2)
   e. more than three awakenings/night (2)
   f. excessive fatigue (2)
   g. depression (1)
   h. concentration problems (1)

Total Apnea Risk Score

5-9	Discuss complaints with your doctor.
10-14	Important to discuss with your doctor (consider sleep evaluation).
15-19	Sleep consultation or sleep study suggested.
20+	Significant risk of sleep apnea. Sleep study should be scheduled.

total