

## Questionnaire For Snoring/ Sleep Apnea

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Date \_\_\_\_\_

<b>The Epworth Sleepiness Scale</b>																					
<p>How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things in recently, try to work out how they would have affected you.</p> <p>Use the following scale to choose the most appropriate number for each situation:</p> <p>0= would never doze                      1= slight chance of dozing                      2= moderate chance of dozing                      3= high chance of dozing</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;"><b>Situation:</b></th> <th style="text-align: right; padding: 5px;"><b>Chance of dozing</b></th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Sitting and reading</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Watching TV</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Sitting, inactive in a public place( e.g. movie theater or meeting</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">As a passenger in a car for an hour without a break</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Lying down to rest in the afternoon when circumstances permit</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Sitting and talking to someone</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Sitting quietly after lunch without alcohol</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">In the car, while stopped for a few minutes in traffic</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;"><b>Total Score</b></td> <td style="text-align: right; padding: 5px;">_____</td> </tr> </tbody> </table>	<b>Situation:</b>	<b>Chance of dozing</b>	Sitting and reading	_____	Watching TV	_____	Sitting, inactive in a public place( e.g. movie theater or meeting	_____	As a passenger in a car for an hour without a break	_____	Lying down to rest in the afternoon when circumstances permit	_____	Sitting and talking to someone	_____	Sitting quietly after lunch without alcohol	_____	In the car, while stopped for a few minutes in traffic	_____	<b>Total Score</b>	_____
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<p>Use the following scale to choose the most appropriate number for each situation:</p> <p>0= never during a usual night                      1= less than once a week                      2= once to about half the nights/ week                      3= half the nights to almost always                      4= almost always or every night                      ?= don't know or haven't been told</p>	<p>During your usual sleep, you have noticed or have been told you do the following:                      ( 0 - 4, ?)</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="padding: 5px;">Snore loudly</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Stop breathing</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Choke, struggle for breath</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Toss and turn frequently</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Wake up with a headache</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td colspan="2" style="padding: 10px 0 0 0;">_____</td> </tr> <tr> <td style="padding: 5px;">Usual number hours of sleep / night</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> <tr> <td style="padding: 5px;">Number of times you rise to use the toilet</td> <td style="text-align: right; padding: 5px;">_____</td> </tr> </tbody> </table>	Snore loudly	_____	Stop breathing	_____	Choke, struggle for breath	_____	Toss and turn frequently	_____	Wake up with a headache	_____	_____		Usual number hours of sleep / night	_____	Number of times you rise to use the toilet	_____				
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