



Patient Self-Test

Do you need to see a doctor about *Obstructive Sleep Apnea*?

Please feel free to print this test, fill it out and take with you to your physician.

The Epworth Sleepiness Scale

How likely are you to **doze off** or **fall asleep** in each of the following situations?

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

Activity	Score
Sitting and Reading	_____
Watching TV	_____
Sitting, inactive in a public place (theater, meeting, etc.)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____

Total

Call us at 941-757-4642 to schedule your appointment or if you have questions.

A score of 9 or above indicates you may be having a problem with daytime sleepiness, but below 9 does not necessarily mean that you don't have a problem. See your healthcare professional for advice if you snore, have been told that you awake gasping for breath, or if you are sleepy during the day.