



SLEEP ASSESMENT AND EPWORTH SCALE

Patient Name _____

Date of Birth _____

General Sleep Assesment Questionnaire

1. Does the patient snore? Yes No
2. Is the patient unable to stay awake in the daytime? Yes No
3. Does the patient wake up with a headache in the morning? Yes No
4. Does the patient wake up in the middle of the night unable to breath or gasping for air? Yes No
5. Does the patient have sudden episodes of loss of muscle control, especially during emotional situations? Yes No
6. Does the patient's legs jerk at night or feel restless? Yes No
7. Does the patient ever feel unable to move when falling asleep or waking up? Yes No
8. Has the patient gained a lot of weight in a short time? Yes No
9. Does the patient have problems falling asleep? Yes No
10. Does the patient have a hard time staying asleep? Yes No

If your patient replies 'yes' to any of these questions, he/she may be suffering from a sleep disorder, including sleep apnea, narcolepsy and/or Restless Legs Syndrome. A Sleep study is warranted!!

Epworth Scale Questionnaire

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. According to the following scale choose the appropriate number value to represent how likely it is for the patient to doze off or fall asleep during the day in the following situations

0-never 1-slight chance 2-moderate 3-always

- Sitting and Reading _____
- Watching T.V. _____
- Sitting, Inactive in a public place(ie. Movie theatre) _____
- Sitting and talking to someone after lunch _____
- As a passenger for an hour without a break _____
- In a car, while stopped for a few minutes in traffic _____
- Driving a vehicle for two or more hours _____
- Lying down to rest in the afternoon when possible _____
- Please add up the patient's score.** _____

A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If the total score of the Epworth Scale Questionnaire is 10 or more, then the patient may be suffering from a sleep disorder and a sleep study is warranted!!