

The Epworth Sleepiness Scale

This simple test developed by physicians is used to determine risk for excessive daytime sleepiness. Take this simple test that is universally used by physicians as a simple guide to see if you have a sleep disorder problem. A score of 10 or more is considered sleepy and a score of 18 or more is considered excessive sleepiness. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist.

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	
Being a passenger in a motor vehicle for one 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	
TOTAL SCORE- add the scores up to determine your Epworth Score	

Have your spouse or bed partner complete the form below to assess your risk for Sleep Apnea

Could your bed partner be suffering from OSA? Take the following assessment to determine their level of risk

Please answer the following questions as they pertain to your bed partner in the **past month. (DK=Do not know)**

1. While sleeping, does your partner

Snore more than half the time	Y	N	DK
Always snore	Y	N	DK
Snore loudly	Y	N	DK
Have “heavy” or loud breathing	Y	N	DK
Have trouble breathing or struggle to breathe	Y	N	DK

2. Have you ever seen your partner stop breathing

during the night?	Y	N	DK
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3. Does your partner:

Tend to breathe through the mouth during the day	Y	N	DK
Have a dry mouth on waking up in the morning	Y	N	DK

4. Does your partner:

Wake up feeling unrefreshed in the morning	Y	N	DK
Have a problem with daytime sleepiness	Y	N	DK

5. Has a friend, coworker, or supervisor commented

That your partner appears sleepy during the day? Y N DK

6. Is it hard to wake your partner in the morning? Y N DK

**7. Does your partner wake up with headaches in
the morning?**

Y N DK

8. Is your partner overweight? Y N DK

If you answered yes to even a few of these, it is highly likely that your partner may have sleep apnea and should be tested. We know many people who put off testing because they hate the thought of wearing CPAP or undergoing an overnight sleep study in a sleep center. Remember-there are alternatives and we can help. Oral appliances and home sleep studies are valid options and can help get you through this process.