



SNORING & SLEEP APNEA QUESTIONNAIRE

Epworth Sleepiness Scale**

Name: _____ DOB _____ Date _____

Using the scale below, please rank the following activities:

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

Activity	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. meeting or theater)	
As a passenger in a car for 1 hour without a break	
Lying down in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total	

**Epworth Sleepiness Scale* successfully discriminates population on the basis of sleepiness. Individual results may have a wide range and cannot be used to exclude or determine severity of disease. Obstructive sleep apnea patients grouped by severity of RDI demonstrate:

- None (mean RDI= 0) an ESS of 8.0 = 3.5
- Mild (mean RDI = 12.1) an ESS of 11.4 = 4.2
- Moderate (mean RDI = 34.8) an ESS of 13.0 = 4.7
- Severe (mean RDI = 56.6) an ESS of 16.2 = 3.3

I have reviewed the above information with the patient.

_____ Date: _____