

# SLEEP SCREENING QUESTIONNAIRE

## EPWORTH SLEEPINESS SCALE

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations?

Use the following scale to choose the most appropriate number for each situation:

- 0 = Would never doze**
- 1 = Slight chance of dozing**
- 2 = Moderate chance of dozing**
- 3 = High chance of dozing**

### **SITUATION**

Sitting and reading	_____
Watching television	_____
Sitting inactive in a public place (i.e. theater)	_____
As a car passenger 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 stopping for a few minutes in traffic	_____
<b>TOTAL SCORE</b>	_____

A score of 8 or greater indicates the possibility of sleep disordered breathing.

## THORNTON SNORING SCALE

Snoring has a significant effect on the quality of life for many people. Snoring can affect the person snoring and those around him/her, both physically and emotionally. Use the following scale to choose the most appropriate number for each situation. (Go to the 4th statement if you have no bed partner.)

- 0 = Never**
- 1 = Infrequently (1 night per week)**
- 2 = Frequently (2-3 nights per week)**
- 3 = Most of the time (4 or more nights per week)**

My snoring affects my relationship with my partner	_____
My snoring causes my partner to be irritable or tired	_____
My snoring requires us to sleep in separate rooms	_____
My snoring is loud	_____
My snoring affects people when I am sleeping away from home (i.e. hotel, camping, etc.)	_____
<b>TOTAL SCORE</b>	_____

A score of 5 or greater indicates your snoring may be significantly affecting your quality of life.

**PATIENT NAME** \_\_\_\_\_ **DATE:** \_\_\_\_\_