

Do you have Sleep Apnea?

Epworth Sleepiness Scale (ESS)

Rate the quality of your sleep. Below you will find an Epworth sleep apnea self-test. It is a simple, fast and accurate way to confirm if you should talk to us about your sleep habits, possible sleep apnea, or overall health.

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

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 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	_____

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. If you awake gasping for breath, are sleepy during the day, or have been told that you snore, call us for advice.

