

All indicators for further investigation

Often, individuals that snore also experience daytime tiredness, this may indicate the existence of a serious Breathing Related Sleep Disorder. The following questionnaire helps to give an indication of the existence of a disorder, however, only a medical doctor can make a final diagnosis.

Epworth Sleepiness Scale

How likely are you to dose off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

0 = Never, 1 = Slight Chance, 2 = Moderate Chance, 3 = High Chance

<u>Situation</u>	<u>Chance of Dozing</u>
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when possible	_____
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 10 or more may indicate the existence of a serious breathing related sleep disorder, a consultation is recommended for further evaluation.