

**The following may indicate you have sleep apnea:**

- I have been told I snore
- I have high blood pressure
- I often feel excessively sleepy during the day
- I have a 16" neck (Females)
- I have a 17" neck (Males)
- I have diabetes
- I have been told I stop breathing when I sleep
- I sometimes suffer from morning headaches
- I sometimes wake up gasping for air, unable to breathe
- I awaken often at night to urinate
- I have experienced fidgeting, twitching, or jerking of my limbs or body while sleeping
- I don't feel rested or refreshed upon awakening

**EPWORTH SLEEPINESS SCALE**

The Epworth Sleepiness Scale below is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. 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. These issues should be discussed with your personal physician.

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life.

- 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

<b>Situation</b>	<b>Chance of dozing:</b>
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 circumstances permit	_____
Sitting and talking with someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
Total	_____

**Other Considerations:**

- Have you ever had a sleep study before and how long ago was it?
- Have you ever had any episodes of parasomnias (i.e., sleep walking, sleep talking, sleep eating, etc)
- Have you ever had a stroke?
- Do you have Chronic Obstructive Pulmonary Disorder (COPD)?
- Do you have uncontrolled Congestive Heart Failure (III/IV)?