

Print out these tests, fill in your answers and see where you stand.

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. Excessive daytime sleepiness is often a symptom of a sleep-related disorder, which in turn, can be tied to a number of other health-related problems. To evaluate your level of daytime sleepiness, use the following scale to choose the most appropriate number for each situation:

- 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

Situation

Possibility of Dozing or Sleeping

Sitting and reading	_____
Watching television	_____
Sitting inactive in a public place (i.e., movie theater)	_____
As a car passenger for an hour without a break	_____
Lying down to rest in the afternoon	_____
Sitting and talking to somebody	_____
Sitting quietly after lunch (without alcohol)	_____
In a car, while stopping for a few minutes in traffic	_____
TOTAL SCORE:	_____

A score of 6 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 as well as those around him/her, both physically and emotionally. Use the following scale to choose the most appropriate number for each situation. (If you have no bed partner, skip the first three questions.) Use the following scale to choose the most appropriate number for each situation:

- 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 relationships 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.)	_____
TOTAL SCORE:	_____

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