

## Sleep Apnea Self Test

Take this self-test to determine if you are at risk for obstructive sleep apnea and should see a sleep specialist for an overnight sleep study. The AADSM recommends a qualified sleep physician must perform an overnight sleep study either at a sleep center or at home to diagnose sleep apnea. Please print this test and take it with you to your physician if the results show you have daytime sleepiness and are at risk for sleep apnea.

## The Epworth Sleepiness Scale

Rate each of the following situations on a 0-3 scale for how likely you are to accidentally fall asleep:

Sitting and Reading	_____
Watching TV	_____
Sitting inactive in a public place (theater, meeting, etc.)	_____
Riding 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	_____
<b>Total</b>	_____

## Rating Scale

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

A total score of 9 or above indicates you have a problem daytime sleepiness and should see a sleep specialist. A total score below 9 does not necessarily mean that you don't have a problem. If you snore or have been told that you gasp for breath in your sleep see a healthcare professional.