

# Total Sleep

Your Best Practice Partner

Please take a moment and ask yourself the following questions:

- Do you snore?
- Do you wake up tired?
- Do you feel tired most of the day?

If you checked any of the statements above, you may have a sleep disorder that can be easily diagnosed and treated. Please review each of the following statements and rate them as they apply to you on a scale of 0-3.

## Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

0 - Would never doze 1 - Light chance of dozing 2 - Moderate chance of dozing 3 - High chance of dozing

| Situation   | Chance of dozing |   |   |                              |
|---|------------------|---|---|------------------------------|
| Sitting and reading   | 0                | 1 | 2 | 3                            |
| Watching TV   | 0                | 1 | 2 | 3                            |
| Sitting, inactive in a public place (e.g. a theater or a meeting) | 0                | 1 | 2 | 3                            |
| As a passenger in a car for an hour without a break               | 0                | 1 | 2 | 3                            |
| Lying down to rest in the afternoon when circumstances permit     | 0                | 1 | 2 | 3                            |
| Sitting and talking to someone                                    | 0                | 1 | 2 | 3                            |
| Sitting quietly after a lunch without alcohol                     | 0                | 1 | 2 | 3                            |
| In a car, while stopped for a few minutes in traffic              | 0                | 1 | 2 | 3                            |
|   |                  |   |   | Total = <input type="text"/> |

A score of 0-9 is an average score.

If your score is 10-24, your doctor may want to talk with you about options to improve your sleep health.