

# Epworth Sleepiness Scale<sup>11</sup>

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

Even if you haven't done some of these things recently, try to work out how they would have affected you. It is important that you answer each question as best you can.

Use the following scale to choose the most appropriate number for each situation.

	Would never nod off 0	Slight chance of nodding off 1	Moderate chance of nodding off 2	High chance of nodding off 3
<b>Sitting and reading</b>				
<b>Watching TV</b>				
<b>Sitting, inactive</b> , in a public place (e.g., in a meeting, theater, or dinner event)				
<b>As a passenger in a car</b> for an hour or more without stopping for a break				
<b>Lying down to rest</b> when circumstances permit				
<b>Sitting and talking</b> to someone				
<b>Sitting quietly</b> after a meal without alcohol				
<b>In a car, while stopped</b> for a few minutes in traffic or at a light				

Add up your points to get your total score. A score of 10 or greater raises concern: you may need to get more sleep, improve your sleep practices, or seek medical attention to determine why you are sleepy.





# Screening

## STOP-Bang Questionnaire

Is It Possible That You Have ...  
Obstructive Sleep Apnea (OSA)?

Please Answer The Following Questions Below To Determine If You Might Be At Risk.

Yes

☐

No

☐

**S**noring?

Do You Snore Loudly (Loud Enough To Be Heard Through Closed Doors Or Your Bed-Partner Elbows You For Snoring At Night)?

Yes

☐

No

☐

**T**ired?

Do You Often Feel Tired, Fatigued, Or Sleepy During The Daytime (Such As Falling Asleep During Driving Or Talking To Someone)?

Yes

☐

No

☐

**O**bserved?

Has Anyone Observed You Stop Breathing Or Choking/Gasping During Your Sleep?

Yes

☐

No

☐

**P**ressure?

Do You Have Or Are Being Treated For High Blood Pressure?

Yes

☐

No

☐

**B**ody Mass Index More Than 35 Kg/M2?

**Body Mass Index Calculator**

BMI = Kg/M2 Where Kg Is A Person's Weight In Kilograms And M2 Is Their Height In Metres Squared.

Yes

☐

No

☐

**A**ge Older Than 50?

Yes

☐

No

☐

**N**eck Size Large ? (Measured Around Adams Apple)

Is Your Shirt Collar 16 Inches / 40cm Or Larger?

Yes

☐

No

☐

**G**ender = Male?





# Screening Result

## Find Out Your Result

**OSA - Low Risk** : Yes To 0 - 2 Questions

**OSA - Intermediate Risk** : Yes To 3 - 4 Questions

**OSA - High Risk** : Yes To 5 - 8 Questions

Or Yes To 2 Or More Of 4 STOP Questions + Male Gender

Or Yes To 2 Or More Of 4 STOP Questions + BMI > 35kg/M2

Or Yes To 2 Or More Of 4 STOP Questions + Neck Circumference 16 Inches / 40cm

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