

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

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

It is important that you choose a number (0 – 3) for each of the situations listed below.

Situation	Chance of Dozing (0 – 3)
Sitting and Reading	0 - 1 - 2 - 3
Watching television	0 - 1 - 2 - 3
Sitting, inactive in a public place, for example, a theater or 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 lunch without alcohol	0 - 1 - 2 - 3
In a car, while stopped for a few minutes in traffic	0 - 1 - 2 - 3
Total Score	

Fax Order To: 623-266-7254 along with signed doctor's prescription.

METHODS OF SCREENING FOR OSA

- **Epworth Sleepiness Scale**
 - 8 Questions answered on a scale of 0 – 3
 - 0 = would never doze
 - 3 = high chance of dozing
 - Score > 10 represents daytime sleepiness

- **Epworth Sleepiness Scale does not identify cause of sleepiness**
 - May include sleep apnea but also insomnia, PLMS, lack of time to sleep, etc.
 - Patient with sleep apnea may NOT have abnormal score