

BONDI JUNCTION DENTAL

EPWORTH SLEEPINESS SCALE

Please print this page and bring with you to your appointment.

INSTRUCTIONS: How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? Use the scale below to rate the likelihood that you would doze off or fall asleep (in contrast to just feeling tired) during that activity. If you haven't done some of these things recently, consider how you think they would affect you. Use the following scale to choose the most appropriate number for each situation.

0 = would never doze

2 = moderate chance of dozing

1 = slight chance of dozing

3 = high chance of dozing

SITUATIONS	CHANCE OF DOZING	
	before treatment	after treatment
Sitting and reading		
Watching television		
Sitting inactive in a public place (e.g. a theater or a meeting)		
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 a lunch without alcohol		
In a car, while stopped for a few minutes in traffic		

You have a high chance of having sleep apnoea if you score 10 or more.

If your score is 10 or higher, consider discussing these results with Dr Deutsch.

The Epworth Sleepiness Scale is a very useful screening test and a strong predictor of sleep apnoea. The higher the score the greater and more severe your sleep apnoea is likely to be. Following clinical evaluation Dr Deutsch may recommend you consult a Sleep Physician and/or a sleep study for an accurate diagnosis and, if appropriate, effective treatment of an underlying sleep disorder.