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### SLEEP APNEA EVALUATION

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Date \_\_\_\_\_

#### **Snoring**

Frequency of snoring (nights per week)      How loud is snoring?

\_\_\_ 2 or less (0 pts)      \_\_\_ Slightly louder than breathing (0 pts)

\_\_\_ 3-4 (2 pts)      \_\_\_ As loud as talking (2 pts)

\_\_\_ 5 or more (5 pts)      \_\_\_ Heard through closed doors or walls (5 pts)

Points \_\_\_\_\_

#### **Witnessed Apnea or Startled Awakening or Gasping**

\_\_\_ Never (0 pts)

\_\_\_ Occasionally (10 pts)

\_\_\_ Frequently (15 pts)

Points \_\_\_\_\_

**Neck or Collar Size**      Measured neck size \_\_\_\_\_      WT \_\_\_\_\_      HT \_\_\_\_\_

Males      Females

\_\_\_ Less than 17 inches (0 pts)      \_\_\_ Less than 16 inches (0 pts)

\_\_\_ 17 inches or greater (15 pts)      \_\_\_ 16 inches or greater (15 pts)

Points \_\_\_\_\_

#### **Somnolence or Sleepiness During the Day (Epworth Sleepiness Scale)**

How likely is the patient to doze off or fall asleep in the following situations?

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

**Chance of Dozing**

- Sitting and reading
- Watching TV
- Sitting, inactive, in a public place (as in a theater or 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

Total score \_\_\_\_\_      \_\_\_ 0-11 (0 pts)    \_\_\_ 12-18 (5 pts)    \_\_\_ 18 or more (15 pts)  
Points \_\_\_\_\_

**Falling Asleep While Driving**    \_\_\_ No (0 pts)    \_\_\_ Yes (20 pts)  
Points \_\_\_\_\_

**Gender**

- Female (pre-menopausal) (0 pts)
  - Female (post-menopausal) (3 pts)
  - Male (5 pts)
- Points \_\_\_\_\_

**Other Symptoms**

Hypertension, treated (5 pts)    Measured BP \_\_\_\_\_  
Points \_\_\_\_\_

0-20 points: low suspicion of obstructive sleep apnea

**Total Points** \_\_\_\_\_