

# Test Your Sleep!



Mark your score using these values:

0 = NEVER

1 = SLIGHT CHANCE

2 = MODERATE

3 = VERY LIKELY

## Falling Asleep

How likely are you to doze off in these situations?

- Sitting and reading
- Watching TV
- Sitting in a public place
- Riding in a car, train or plane
- Lying down in the afternoon
- Sitting and talking
- Sitting quietly after drinking alcohol
- In a car stopped for traffic

A score of 8 or higher indicates you may have a sleep disorder.

## The Snore Score

- How often are you told you snore?
- Does your snoring affect your bed partner?
- Does your snoring affect others in the house?

A score of 2 or more indicates your snoring may be related to a sleep disorder.

## Is it Apnea?

- Have you been told you stop breathing between snores?
- Have you been suddenly awakened by your own snoring?
- Have you awakened from sleep with a gasping or choking sensation.

A score of 2 or more indicates you may have sleep apnea. Review your scores with your doctor.