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BOARD CERTIFICATION
Otolaryngology
Facial Plastic Surgery
Sleep Medicine

SLEEP SCREENING QUESTIONNAIRE

Patient: _____ Date: _____

EPWORTH SLEEPINESS SCALE
How LIKELY are you to DOZE 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 have not done some of these things recently, try to work out how they would have affected you. Please check one box per line.

---CHANCE OF DOZING OFF---

Never	Slight	Moderate	High	
□	□	□	□	Sitting and reading
□	□	□	□	Watching TV
□	□	□	□	Sitting, inactive in a public place (example, 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 lunch without alcohol
□	□	□	□	In a car, while stopped for a few minutes in traffic

BRIEF SLEEP SYMPTOM CHECKLIST *(Please check the boxes that best describes you)*

□	□	□	□	I snore loudly
□	□	□	□	I awaken gasping or choking for breath
□	□	□	□	I awaken in the morning unrefreshed
□	□	□	□	I have problems falling asleep or staying asleep (insomnia)
□	□	□	□	My sleep is very restless
□	□	□	□	My sleep is disturbed by unusual behaviors (for example: nightmares, sleepwalking, dream enactments, tongue biting, bedwetting… etc.)
□	□	□	□	I fall asleep while driving
□	□	□	□	I've been told that I stop breathing in my sleep

(told by _____)

SLEEP SCHEDULE *(Please provide the following information)*

What time do you go to bed on	WEEKDAYS? ____ AM or PM	Do you Nap ___ Yes ___ No
What time do you get up on	WEEKDAYS? ____ AM or PM	How often do you nap ___ times per week
What time do you go to bed on	WEEKENDS? ____ AM or PM	How long are your naps? _____ minutes
What time do you get up on	WEEKENDS? ____ AM or PM	Do you awaken refreshed? ___ Yes ___ No

Are you a shift worker? **(Yes) (No)** What kind of shift work?_____

____ How many motor vehicle accidents in the past 10 years?
____ How many times do you awaken during the night to urinate?