

## Sleep Apnea Self Test

The only way to be sure if you have obstructive sleep apnea is to have a sleep test either at home from a qualified sleep physician or in a hospital sleep center. A score of 9 or above on this test is an indication that you should see your doctor.

Please feel free to print this test, fill it out and take with you to your physician.

### **The Epworth Test**

How likely are you to doze off or fall asleep in the following situations? 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

<b>Activity</b>	<b>Score</b>
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place (theatre, 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	_____
<b>TOTAL</b>	_____

A score of 9 or above indicates you may be having a problem with daytime sleepiness, but below 9 does not necessarily mean that you don't have a problem. See your healthcare professional for advice if you snore, have been told that you awake gasping for breath or if you are sleepy during the day.