

Patient Name (PRINT) \_\_\_\_\_

**Section 1: Epworth Sleepiness Scale**

Please indicate how likely you are to doze off or fall asleep in the following situations:  
(0=never, 1=slight, 2=moderate, 3=high chance of dozing) – CIRCLE ONE RESPONSE FOR EACH QUESTION

Sitting and reading.....	0	1	2	3
Watching television.....	0	1	2	3
Sitting in a public place.....	0	1	2	3
As a passenger in a car for one hour.....	0	1	2	3
Driving a car stopped for a few minutes in traffic.....	0	1	2	3
Sitting & talking to someone.....	0	1	2	3
Sitting down quietly after lunch without alcohol.....	0	1	2	3
Lying down to rest in the afternoon.....	0	1	2	3

**Total Score:** \_\_\_\_\_

**Section 2: Patient Evaluation**

Fill in the blanks, circle one yes or no response for each question

BMI (See Attached Chart): _____ Is it greater than or equal to 30?	No(0)	Yes(1)
Neck Circumference _____ Is it >17" (Men) or >15"(Women)?	0	1
Have you gained at least 15lbs in the past 6 months?	0	1

**Total Score:** \_\_\_\_\_

**Section 3: Subjective Sleep Evaluation**

Please circle one yes or no response for each question

Do you snore?.....	0	1
You, or your spouse, would consider your snoring louder than a person talking....	0	1
Your snoring occurs almost every night.....	0	1
Your snoring is bothersome to your bed partner.....	0	1
Do you feel that in some way your sleep is not refreshing or restful?.....	0	1
Do you wake up at night or in the mornings with headaches?.....	0	1
Do you experience fatigue during the day and have difficulty staying awake?.....	0	1
Do you have trouble remembering things or paying attention during the day?.....	0	1
Do you have high blood pressure?.....	0	1

**Total Score:** \_\_\_\_\_

**Section 4: Prior Diagnosis**

Have you previously been diagnosed with sleep apnea?	No(0)	Yes(1)
	0	1

If Yes:

When were you diagnosed? (Approx mo/yr) \_\_\_\_\_

Were you put on CPAP Therapy for treatment? \_\_\_\_\_

Are you still using your CPAP every night? \_\_\_\_\_

**Total Score:** \_\_\_\_\_

**Notes:** (Please insert any notes for the doctor regarding snoring, sleep patterns or sleep apnea that you feel may be appropriate use back of page if necessary.)

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

<p><b>OFFICE USE ONLY</b></p> <p>Advanced screening criteria, if yes to any below pt should be scheduled for advanced OSA screening. _____ ESS Score ≥ 8?    _____ Pt. Eval ≥ 2?    _____ Subjective Sleep Eval ≥ 3?    _____ Prior OSA Diagnosis ≥ 1?</p>
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