

Whidbey Island Sleep Center SLEEP QUIZ

Do you have the symptoms of sleep apnea?

Print out the form below and write in your score.

How often does this happen:	0= Never	1= Sometimes	2= Frequently	3= Always
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You feel sleepy during the day (* Please see note below)	
You fall asleep in a public place	
You wake up in the morning with a dry mouth	
You wake up in the morning with a headache	
You wake up in the morning not feeling refreshed	
You wake up during the night in a sweat	
You wake up during the night with a choking sensation	
You wake up during the night feeling startled	
You have to fight sleep while watching a movie, in a meeting or driving	
Total for section 1	

Please answer yes or no:	No = 0	Yes = 4
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Have you been told that you seem to stop breathing or gasp while you sleep? (* Please see note below)	
Do you often feel exhausted and have trouble functioning during the day?	
Have you had or come close to having an accident due to sleepiness?	
Do you have trouble getting up in the morning?	
Have you been told you "snort" during the night?	
Do you seem to be losing your sex drive?	
Do you have trouble concentrating or remembering things?	
Do you snore loudly, to the point of disturbing others?	
Do friends or family members say that you are moody or irritable?	
Are you overweight? (less than 20% over your ideal weight)	
Are you obese? (more than 25% over your ideal weight)	
Do you have high blood pressure?	
If you are a man, do you have a neck circumference greater than 17.5 inches?	
If you are a man, do you have trouble with impotence?	
If you are a woman, do you have a neck circumference greater than 16.5 inches?	
Total for section 2	
Total for section 1	+
TOTAL SCORE	=

If your TOTAL SCORE is:	Your risk of sleep apnea is:
Less than 10	Low
10-20	Mild
20-40	Moderate-Warning, you are in a high risk group
40-55	Severe-PLEASE CONSULT PHYSICIAN ASAP
55-69	Excessive - PLEASE CONSULT PHYSICIAN SOON

*If you answered yes to either of these questions, please be advised that these are the main warning signs of sleep apnea and you should contact your physician as soon as possible to be evaluated.

IF YOU SCORED HIGHER THAN 10, IT IS HIGHLY RECOMMENDED THAT YOU SEEK MEDICAL ADVICE FROM YOUR PHYSICIAN AND BE EVALUATED FOR SLEEP APNEA.