## Lung Associates P.A. EPWORTH SCALE/ SLEEP EVALUATION

PATIENT NAME:				Age:		DOB:			_
Height:	Weight:	BMI: _		Neck C	::	Mallampati:	п	Ш	IV
Do you snore? Yes No	o Don't Know								
Is your snoring: s talking,_	lightly louder than br	eathing7	·As	s loud as ta	lking7_l	Louder than	Vei	ry lou	d and heard in adJacent rooms
How often do you snore? I	Nearly every night 3-	-4 x a wee	∍k						
Has your snoring ever bother	ered other people?			Yes	No				
Has anyone noticed that you quit breathing in your sl Do you wake up gasping for air?				Yes Yes	No No				
How often do you feel tired or fatigued after your sleep? Daily			aily	3-4x/wee	k 1-	1-	nev	ver/ne	ear
2x/week During your wake time, do you feel tired, fatigued or not			-	ke up to pa	ar7	2x/month	nev	ver	
			Daily 3	3-4x/week		1-2x/week	nev	ver/ne	ear
							nev	/er	
Have you ever nodded off or	cle?		Yes No	0					
If yes, how often'		3-4x/we	ek	1-2x/wee	k	1-2x/month		ver/ne	ear
	Dail			Yes	No		ne	ver	
y Do you have headaches,		3-4x/wee	ek	1-2x/we	ek	1-2x/month			
If yes, how often?	Daily			Yes	No			ver/ne ver	rai
Do you have high blood pres Do you dream7	sure <sup>7</sup>			Yes	No				
If yes, are these dr	eams pleasant or scar	y?							
Do you thrash around in your	· sleep?			Yes	No				
Do you have memory proble	ms,			Yes	No				
Do you have cardiac arrythmia	as?			Yes	No				
How would you rate your ov	erall sleep quality?	Poor		Fair		Excellent			
Does your sleep quality inte	rfere with your quality	y of life,		Yes	No				
Cause Difficulty	Work			Yes	No				
	Family			Yes	No				
	Hobbies			Yes	No				
	Spouse			Yes	No				
	Social Life			Yes	No				
Medication	Sleeping pills			Yes	No				
	Anti-depressants			Yes	No				
0=would never dose l=sligh	t change of dozing	2=possi	ible chanc	e of dozing	3=hig	h chance of dozing			
Sitting and Reading:		0		2	3				
Watching television		0	1	2	3				
Sitting inactive in a public pla	ace (ie. Theater)	0		2	3				
As a passenger in a car		0		2					
Lying down to rest in the after	ernoon	0		2	3				
Sitting and talking to someo	ne	0	1	2	3				
Sitting quietly after lunch w	ithout alcohol	0	1	2	3				
In a car, while stopped for a	few minutes in traffic	0	1	2	3				
			TOTAL I	EES:					
WHO CLASS:	III IV		NYHA C	lass:	П	III IV			