

How Sleepy is too sleepy?

EPWORTH – Sleepiness Questionnaire: 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. Use the following scale to choose the most appropriate number for each situation:

0 = no chance of dozing
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place (e.g 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 a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____

Excessive daytime sleepiness: totaling 10 or higher.

[Johns MW. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. Sleep 1991; 50-55.](#)

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Just a **SNORE?** or a symptom of something more serious? (STOP BANG Questionnaire)

1. **Snoring** Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?

Yes No

2. **Tired** Do you often feel tired, fatigued, or sleepy during daytime?

Yes No

3. **Observed** Has anyone observed you stop breathing during your sleep?

Yes No

4. **Blood pressure** Do you have or are you being treated for high blood pressure?

Yes No

5. **BMI** BMI more than 35 kg/m²?

Yes No

6. **Age** Age over 50 yr old?

Yes No

7. **Neck circumference** Neck circumference greater than 40 cm?

Yes No

8. **Gender: Male?**

Yes No

High risk of OSA: answering yes to two or more of the first 4 questions, or three or more items in all

Low risk of OSA: answering yes to only one of the first 4 questions, or two or less items in all Chung
F. et.al. Stop questionnaire: a tool to screen patients for obstructive sleep apnea. Anesthesiology 2008; 108(5): 812-21.