

# Do You Need a Sleep Evaluation?

Chronic daytime sleepiness can affect your work, social interactions and driving safety - and it may be related to a treatable sleeping disorder. The following survey can help determine if you could benefit from a sleep study that will provide your doctor with important information on your condition.

## The Epworth Sleepiness Scale (for Adults)

Choose the most appropriate number for each situation, and add your numbers for your final score. A score of 10 or higher is an indication of excessive sleepiness that should be evaluated.

**0**= would never doze | **1**= slight chance of dozing | **2**= moderate chance of dozing | **3**= high chance of dozing

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? (Circle the number that corresponds to your sleeping habits.)

Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (e.g., a theater or meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
			Total	

To request a sleep evaluation, call (407) 303-1558 or visit [FloridaHospitalSleep.com](http://FloridaHospitalSleep.com).



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