

Sleep Center Quick Sleep Study

Take this simple test to see if you might suffer from a sleep disorder.

Part 1

How likely are you to doze off or fall asleep in the situations described in the box below, in contrast to feeling just tired?

Situation	Score (0-3)
Sitting and Reading	
Watching Television	
Sitting inactive in a public place	
Sitting as a car passenger for an hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

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

Total Score:

Total Score Interpretation:

<8: You have a normal amount of sleepiness.

8-9: You have an average amount of sleepiness.

10-15: You may be excessively sleepy depending on the situation, you should contact your physician for a treatment plan that might be right for you.

>16: You are excessively sleepy and should seek medical attention.

Part 2

Please check symptoms that describe your sleep complaint(s):

Major Criteria

- Witness apnea – Has anyone witnessed you stop breathing when you are asleep?
- Morbid obesity
- Pathological hyper somnolence – Daytime sleepiness or prolonged sleep / Do you experience excessive sleepiness during the daytime?
- Loud snoring with disrupted sleep

Minor Criteria

- Snoring
- Morning headaches
- Nocturnal choking – Do you have choking sensations at night?
- Daytime fatigue
- Hypertension – high blood pressure
- Restless sleep

If you met **any major criteria** or **more than two minor criteria**, it's time to see your physician about a more detailed sleep study.

Sleep studies are non-invasive procedures and consist of monitoring several vital functions to determine if you have a sleep disorder and if there is an underlying health condition. By having a sleep study, your physician will be better equipped to find the best possible treatment solution so you can sleep well tonight for a better tomorrow.

Talk to your doctor about having a sleep study to determine if you are one of the millions of Americans suffering from a sleep disorder.

WilsonMedical.com

WILSON
MEDICAL CENTER
A Duke LifePoint Hospital