



Depressed? Snore? Fatigued? Headaches?

Know the Symptoms of Sleep Apnea!
This info could save your life!

- * Loud Snoring
- * Waking up with headaches, dry mouth, or choking sensations
- * Restless or perspiring sleep
- * Fatigue or Depression
- * Having trouble concentrating or staying awake
- * Frequent bathroom trips during the night
- * Depression or sexual dysfunction
- * Heartburn or rapid weight gain



If you suffer from any of these symptoms or register 10 or above on the test below, call us to talk about treatment options that can help!

Epworth Sleepiness Scale The Epworth Sleepiness Scale (ESS) was developed and validated by Dr. Murray Johns of Melbourne, Australia. It is a simple, self-administered questionnaire and widely used by sleep professionals in qualifying the level of daytime sleepiness.

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 at present and in the recent past. Even if you have not done some of these things recently, try to work out how they would have affected you.

Choose the most appropriate number for each situation: 0=would never doze; 1=slight chance of dozing; 2=moderate chance of dozing; 3=high chance of dozing

<u>Situation</u>	<u>Chance of Dozing</u>
Sitting and reading.....
Watching television.....
Sitting, inactive in a public place (e.g. theater, meeting).....
As a passenger in a car for an hour without a break.....
Lying down to rest in the afternoon when circumstance permit.....
Sitting and talking to someone.....
Sitting quietly after lunch without alcohol.....
In a car while stopped for a few minutes in traffic.....
Total Score

Epworth Scale values: Interpretation of the Data

- 0-7 It is Unlikely that you are abnormally sleepy
- 8-9 You have an average amount of daytime sleepiness
- 10-15 You may be excessively sleepy and should consider seeking medical attention
- 16-24 You are excessively sleep and should consider seeking medical attention