
Screening Questions for Obstructive Sleep Apnea (OSA)

- Are you overweight?
 - Is your chin small or set back?
 - Do you complain of daytime sleepiness or fatigue?
 - Do you snore?
 - Do you have hypertension?
 - Does your bed partner say you stop breathing periodically during sleep?
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If 2/6 answers to above are positive, you may have OSA and should be screened further, starting with a detailed history and exam. Diagnostic testing with a laboratory based sleep study (polysomnogram, or PSG) is the standard diagnostic test, although portable monitoring (i.e. ambulatory sleep studies) may be appropriate in patients with a high suspicion of sleep apnea and no cardiac history. In addition, portable monitoring may be used to initiate a larger discussion about OSA. Talk to your doctor or dentist about the most appropriate test for you, if you think you have OSA.

Epworth Sleepiness Scale

Use the following scale to 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

It is important that you answer each question as best you can.

Situation Chance of Dozing (0-3):

Sitting and reading....._____

Watching TV....._____

Sitting, inactive in a public place (e.g. a theatre 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 the traffic....._____

TOTAL....._____

