



The mouth is the gateway to the body and the key to your health

EPWORTH SLEEPINESS SCALE

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situation? 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

SITUATION

- _____ Sitting and reading
- _____ Watching Television
- _____ Sitting inactive in a public place (i.e. theater)
- _____ 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 lunch without alcohol
- _____ In a car, while stopping for a few minutes in traffic

TOTAL SCORE

A score of 10 or greater indicates the possibility of a sleep breathing disorder.