

ESS: Epworth Sleeping	ess Scale				
		llowing situations, in contrast to just for	eeling tired?		
0 = I would never doze		2 = I have a moderate chance of dozing			
1 = I have a slight chance of dozingSituation		3 = I have a high chance of dozing Chance of Dozing			
1.	0 0				
2.	Watching TV				
3.					
4.	As a passenger in a car for a				
5.	6. Sitting and talking to someone				
7. Sitting quietly in a lunch without alcohol					
8.	In a car while stopped for a few minutes in traffic				
		TOTAL SCORE			
TOTAL SCORE					
THORNTON SNORING	SCALE				
		or many people. Snoring can affect th	e person snoring and	-	
		Ily. Use the following scale to choose	•		
number for each situa	tion. (Skip if you don't have a	bed partner)			
0 = Never		2 = Frequently (2-3 nights per wee	k)		
1 = Infrequ	uently (1 night per week)	3 = Most of the time (4 or more pe	r week)		
1.	My snoring affects my relation	onship with my partner			
2.	My snoring causes my partn	er to be irritable or tired			
3.	My snoring requires us to sle	eep in separate rooms			
4.	My snoring is loud				
5.	My snoring affects people w	hen I am sleeping away			
		TOTAL SCORE			
STOP - BANG					
C mara	Do you spare loudly?	/Loudor than talking or loud anough to	ha haard babind a	Yes	No
S nore	Do you snore loudly? (Louder than talking or loud enough to be heard behind a closed door?				
T ired		d, fatigued or sleepy during daytime?			
O bstruction		you stop breathing during your sleep?	1		
P ressure		ou being treated for high blood pressur			
BMI	Is your body mass ind				
A ge	Are you 50 years old o	_			
N eck	Are you a male with a neck circumference greater than 17 inches, or				
		circumference greater than 16 inches?			
G ender	Are you a male?	-			

Patient Signature: ______Date: _____