

# SLEEP APNEA

| DOB:

## Health History Update

High Blood Pressure?	
History of stroke?	
Heart Disease?	
Diabetes?	

## Epworth Sleepiness Scale

The Epworth Sleepiness Scale is widely used in dental sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of situations in which you rate your tendency to become sleepy on a scale of 0, no chance of dozing, to 3, high chance of dozing. The scale estimates whether you are experiencing excessive sleepiness that possibly requires medical attention.

Sitting and reading	
Watching TV	
Sitting inactive in a public place	
As a passenger in a car for an hour or more without stopping for a break	
Lying down to rest	
Sitting and talking to someone	
Sitting quietly after a meal without alcohol	
In a car, while stopped for a few minutes in traffic or at a light	
Total:	
Do you snore?	
Have you ever had a sleep study?	
Have you ever been diagnosed with sleep apnea?	
Do you wear CPAP or have you ever been told to wear CPAP?	