

San Francisco Critical Care Medical Group, Inc.

Pulmonary/Critical Care/Sleep Disorders/Transplant Medicine
California Pacific Medical Center

Sleep Disorders Clinic Questionnaire

Name: _____

Today's Date: _____

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situation, in contrast to feeling just tired? Even if you have not done some of these things recently, try to think of how they would affect you.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would never doze 2 = moderate chance of dozing
- 1 = slight chance of dozing 3 = high chance of dozing

Please enter a number for each question below!

<u>Situation</u>	<u>Chance of dozing</u>
1. Sitting and reading	_____
2. Watching television	_____
3. Sitting inactive in a public place (e.g. theater or meeting)	_____
4. As a passenger in a car for an hour without a break	_____
5. Lying down to rest in the afternoon	_____
6. Sitting and talking to someone	_____
7. Sitting quietly after lunch without alcohol	_____
8. In a car, while stopped in traffic	_____
Total Score	_____

Reason for coming to sleep disorders clinic:

Please list all current and past medical and sleep problems:

Please list all medications you are currently taking, how much and how frequent. Include sleep medicines, over-the-counter drugs, herbals, and others (example: Ambien 10mg at bed time):