



Pomerene

SLEEP APNEA SCREENING

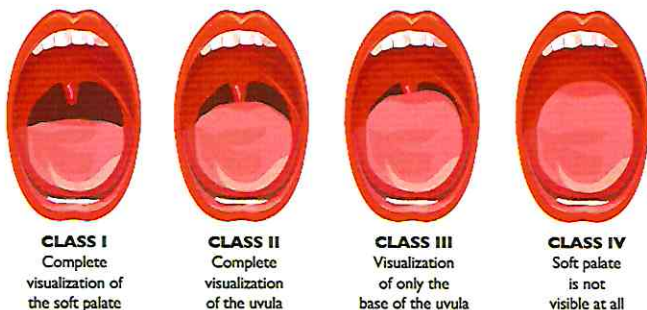
Epworth Sleepiness Scale

| Situation | Would Never Doze | Slight chance of "dozing" | Moderate chance of "dozing" | High chance of "dozing" |
|-----------------------------------------------------------------|-------------------------|----------------------------------|------------------------------------|--------------------------------|
| Sitting and Reading | 0 | 1 | 2 | 3 |
| Watching TV | 0 | 1 | 2 | 3 |
| Sitting inactive in a public place (e.g., a theater or meeting) | 0 | 1 | 2 | 3 |
| As a passenger in a car for more than an hour without a break | 0 | 1 | 2 | 3 |
| Lying down to rest in the afternoon when circumstances permit | 0 | 1 | 2 | 3 |
| Sitting and talking with someone | 0 | 1 | 2 | 3 |
| Sitting quietly after a lunch without alcohol | 0 | 1 | 2 | 3 |
| In a car, while stopped for a few minutes in traffic | 0 | 1 | 2 | 3 |
| Total Score (Add up all points) | | | | |

Stop-Bang

| STOP | Yes | No |
|---------------------------------------------------------------------------------------------------|-----|----|
| Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)? | | |
| Do you often feel TIRED , fatigued, or sleepy during daytime? | | |
| Has anyone OBSERVED you stop breathing during your sleep? | | |
| Do you have or are you being treated for high blood PRESSURE ? | | |
| BANG | Yes | No |
| BMI more than 35kg/m ² ? | | |
| AGE over 50 years old? | | |
| NECK circumference > 15.75 inches (40 cm)? | | |
| Male GENDER ? | | |
| Total Score (number of yes answers) | | |

The Mallampati Score



High Risk for Sleep Apnea

EPWORTH SLEEPINESS SCALE: 10 OR MORE

STOP BANG: 3 OR MORE

MALLAMPATI SCORE OF 3 OR 4

To refer or schedule a patient for a sleep study, please contact the Pomerene Sleep Lab

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