

Bed Partner/Sleep Observer Scale

Date: 02/28/2019

Dear

How likely is your partner to doze off or fall asleep in the following situations, in contrast to just feeling tired?

This refers to daily life in recent times; if these things have not occurred recently, try to work out how they would have affected your bed partner.

The Epworth Sleepiness Scale is widely used in the field of sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of eight 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.

Please have a look and then have your partner fill out the questionnaire. After finishing taking the test, add up the values of the responses. The total score is based on a scale of 0 to 24. The scale estimates whether one is experiencing excessive sleepiness that possibly requires medical attention.

How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently try to determine how they would have affected you. For each situation, decide whether or not you would have:

- 0 = No chance of dozing
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

SITUATION	CHANCE OF DOZING (0 – 3)
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g., a theater or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	

Sitting and talking to someone

Sitting quietly after a lunch without alcohol

In a car, As a driver while stopped for a few minutes

Total Score:

Analyze Your Score:

0-5: Your partner's level of daytime sleepiness indicates a Slight chance of Sleep Apnea.

8-9: Your partner's level of daytime sleepiness indicates a moderate chance of Sleep Apnea, yet you may want to consider seeking medical advice.

10-15: Your partner has excessively sleepy depending on the situation. You may want to consider seeking medical attention.

16-24: Your partner is dangerously excessively sleepy and should consider seeking medical attention immediately.

Reference: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. Sleep 1991; 14(6):540-5.

Additional questions:

Does your bed partner snore loudly?

Have you noticed your bed partner stop breathing during sleep?

Have you ever seen your bed partner choke or gasp during sleep?

Please feel free to give us a call if you have any questions and we look forward to seeing you and your loved one soon and helping you and them get a better night's rest and have an energized and productive day!

Sincerely,

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