



# Sleep Apnea Quiz

Situation - SECTION ONE	Chance Of Dozing
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- Sitting and reading
- Watching TV
- Sitting, inactive in a public place (i.e. a meeting)
- As a passenger in a car for an hour without a break
- Lying down to rest in the afternoon, when permitted
- Sitting and talking to someone
- Sitting quietly after lunch (no alcohol)
- In a car, while stopped for a few minutes in traffic

Situation - SECTION TWO	Rating
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- Snore loudly?
- Stop breathing?

**Total**

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## SECTION 1

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

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

## SECTION 2

When you are sleeping how often do you or someone has told you that you do the following?

## SCORING

If you have scored 14 or greater, please print this quiz and show it to your doctor.