**SLEEP APNOEA CLINIC QUESTIONNAIRE**

Name:

|  |  |  |  |
| --- | --- | --- | --- |
| Your Height (m) |  |  |  |
| Your Weight (Kg) |  |  |  |
|  |  |  |  |
| Your Neck circumference/ collar size |  |  |  |
|  |  |  |  |
| Are you treated for: |  |  |  |
| Type 2 Diabetes | Yes | No |  |
| Hypertension (high blood pressure) | Yes | No |  |
| Underactive thyroid gland | Yes | No |  |
|  |  |  |  |
| Have you had any operations on your nose or throat? | Yes | No |  |
| If so what and when? |  |  |  |
|  |  |  |  |
| Are you a driver? | Yes | No |  |
| If so what kind of licence do you hold | Normal | PSV | HGV |
|  |  |  |  |
| Are you a snorer ? | Yes | No |  |
| Has anyone observed you stop breathing during your sleep? | Yes | No |  |
|  |  |  |  |
| How many units of alcohol do you drink on average each week? |  |  |  |
| Are you a smoker? | Yes | No |  |

Now please fill out the Epworth Scale overleaf

Epworth Sleepiness scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. 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

|  |  |
| --- | --- |
| Situation | chance of dozing |
| Sitting and reading | .......... |
| Watching TV | .......... |
| Sitting, inactive in a public place (eg a theatre 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 lunch without alcohol | .......... |
| In a car while stopped for a few minutes in the traffic | .......... |

Total Score ………..

Thank you. Now please return the questionnaire in the envelope provided.