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MYOFUNCTIONAL THERAPY

# Sleep Apnea

## SELF-ASSESSMENT GUIDE

A simple guide to help you assess your risk for  
sleep apnea



This resource helps you identify the common symptoms of sleep apnea. It also helps you understand your risk factors for degenerative, chronic diseases. Use this tool to assist you in discussing sleep apnea risk with your doctor.

**Do you experience any of the following problems?**

- Daytime drowsiness
- Unrefreshing sleep
- Chronic fatigue
- Insomnia
- Lack of energy
- Poor motivation
- Mood swings

**Do you have any of these symptoms?**

- Frequent urination at night
- Irritability
- AM headaches
- Difficulty concentrating
- Decreased sexual interest
- Memory loss
- Chronic pain
- Gasping episodes
- Chronic snoring



Do you have any of these physical features?

- Obesity: BMI 30+
- Enlarged tongue or tonsils
- Large neck: 17"+ male, 16"+ female
- Small, recessed jaw
- Deviated septum or other nasal breathing barriers

Do you have any of these medical problems?

- Hypertension
- Diabetes
- Heart disease
- Alzheimers
- Dementia
- Asthma
- Chronic allergies
- Headaches
- Anxiety
- Depression
- Hypothyroidism
- Fibromyalgia
- Attention deficit
- Aggression
- Chronic pain



## Epworth Sleepiness Scale For Clients Over 18

How likely are you to doze off or fall asleep in the situations described below, in contrast to just "feeling tired"?

Even if you have not done some of these things recently, try to imagine how they would have affected you.

Use the following scale to choose the most appropriate number for each situation. It is important that you answer each question the best that you can.

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

<u>Situation</u>	<u>Chance of Dozing (out of 3)</u>
Sitting and reading	_____
Sitting and watching TV or a movie	_____
Sitting and being inactive in a public place (meeting, class)	_____
Riding in a car for 60 minutes, without a break	_____
Lying down to rest or nap in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly alone, after lunch with no alcohol	_____
In a car, while stopped in traffic	_____

### Score Interpretation:

- 1-10: Normal range in healthy adults
- 11-14: Mild sleepiness
- 15-17: Moderate sleepiness
- 18+: Severe sleepiness

If you scored 11 or higher, you are encouraged to see a sleep specialist to diagnose and treat the cause of your sleepiness.



*Notes*