

**L. Richard Shearer, M.D., Inc.  
Sleep and Snoring Questionnaire**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please circle the correct answer.

1. Do you snore?    Yes    No    Don't Know

If "Yes," please continue with questions 2-4. If "No" or "Don't Know," skip to question 5.

2. Does your snoring bother other people?    Yes    No

3. Snoring loudness:    Very loud    Louder than talking    Loud as talking    Loud as breathing

4. Snoring frequency:

Almost every day    3-4 times/week    1-2 times/week    1-2 times/month    Never/Almost Never

5. Have you ever been told that you stop breathing during sleep?    Yes    No

If so, how often?

Almost every day    3-4 times/week    1-2 times/week    1-2 times/month    Never/Almost Never

6. Do you wake up tired after a night's sleep?

Almost every day    3-4 times/week    1-2 times/week    1-2 times/month    Never/Almost Never

7. Do you feel excessively tired during the day?

Almost every day    3-4 times/week    1-2 times/week    1-2 times/month    Never/Almost Never

8. Have you ever fallen asleep while driving?

Almost every day    3-4 times/week    1-2 times/week    1-2 times/month    Never/Almost Never

9. Do you have high blood pressure?    Yes    No    Don't Know

10. Has your weight changed?    Increased    Decreased    No change

Weight: \_\_\_\_\_ lbs

Height: \_\_\_\_\_ inches

For Office Use Only

1-5 _____	6-8 _____ ESS _____	BP _____ BMI _____	N.O.S.E. _____
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**L. Richard Shearer, M.D., Inc.**  
**Epworth Sleepiness Scale**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please circle the response that best describes the chance of you  
falling asleep or dozing off in the following situations:

Chance of dozing or falling asleep  
0 = Never      1 = Slight      2 = Moderate      3 = High

Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place	0	1	2	3
Passenger in a car for an hour	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking to 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
<b>Total Score</b>				