

# SLEEP QUESTIONNAIRES

Date:

## EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just 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.

Please circle one response (the most appropriate for you) for each question below.

(chance of dozing)

Situation	Never	Slight	Moderate	High
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g. a theatre or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	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 the traffic	0	1	2	3
<b>TOTAL SCORE</b>	<b>/24</b>			

## OSA50 Questionnaire

If 'yes', circle

<b>O</b> besity: Waist circumference (measured at umbilicus) - Males >102cm (pant size 40) or Females >88cm (pant size 16)?	3
<b>S</b> norring: Has your snoring ever bothered other people?	3
<b>A</b> pneas: Has anyone noticed that you stop breathing during your sleep?	2
<b>50</b> : Are you aged 50 years or over?	2
<b>TOTAL SCORE</b>	<b>/10</b>

## Triage Criteria for Sleep Studies

<p><b>Criteria for home-based ambulatory study</b></p> <ul style="list-style-type: none"> <li>High pre-test probability of OSA, exclusive of other suspected sleep disorders</li> <li>Absence of significant comorbidities, excluding hypertension, well controlled diabetes, well controlled depression</li> <li>Ability to arrange transport to FMC and to arrange return of the equipment the following day</li> <li>No cognitive impairment</li> <li>Aged 18-75 years</li> </ul>	<p><b>Conditions unsuitable for ambulatory study</b></p> <ul style="list-style-type: none"> <li>Neuropsychological impairment (intellectual disability, major communication issues)</li> <li>Severe physical disability with inadequate carer attendance</li> <li>Home environment unsuitable: noise, partner/family interactions, distance from sleep lab</li> <li>Discretionary: symptoms or results of former testing do not equate with clinical impression, request for second opinion, medico-legal consequences</li> <li>Parasomnia/seizure disorder/narcolepsy/PLMS suspected</li> <li>Transcutaneous CO2 monitoring indicated (type 2 respiratory failure suspected) e.g. neuromuscular disease, severe COPD or restrictive lung disease, hypoxia or hypercapnia at rest, home oxygen therapy, suspected obesity hypoventilation syndrome, significant CVD, chronic narcotic use</li> <li>Video monitoring or extended EEG/EMG required</li> </ul>
<p><b>PATIENTS UNSUITABLE FOR AMBULATORY DIAGNOSTIC TESTING WILL REQUIRE AN IN-HOSPITAL SLEEP STUDY</b></p>	
<p><b>Priority Patients</b> will be given high priority for testing if any of the following apply:</p> <ul style="list-style-type: none"> <li>Commercial driver or high risk occupation</li> <li>Reported near miss or actual motor vehicle or industrial accidents due to sleepiness</li> <li>ESS &gt; 14</li> <li>Uncontrolled HT, unstable cardiovascular disease or AF</li> <li>Pregnancy</li> </ul>	

**Nb: ESS must be ≥8 AND OSA50 must be ≥5 to meet criteria for a Medicare funded diagnostic PSG without a Respiratory/Sleep Specialist review prior.** If criteria are not met, the patient will need to be seen by a Sleep Specialist first.