



**SNORING & SLEEP APNEA QUESTIONNAIRE**  
**Epworth Sleepiness Scale\*\***

**Gavin Setzen, MD**  
**Lawrence S. Kaufman, MD**  
 Diplomates  
 American Board of Otolaryngology  
 Fellows  
 American College of Surgeons  
 American Academy of Otolaryngic Allergy

Name: \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_

*Using the scale below, please rank the following activities:*

0 = would never doze; 1 = slight chance of dozing; 2 = moderate chance of dozing;  
 3 = high chance of dozing

Activity	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. meeting or theater)	
As a passenger in a car for 1 hour without a break	
Lying down 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 traffic	
Total	

*\*Epworth Sleepiness Scale* successfully discriminates population on the basis of sleepiness. Individual results may have a wide range and cannot be used to exclude or determine severity of disease. Obstructive sleep apnea patients grouped by severity of RDI demonstrate:

- None (mean RDI= 0) an ESS of 8.0 = 3.5
- Mild (mean RDI = 12.1) an ESS of 11.4 = 4.2
- Moderate ( mean RDI = 34.8) an ESS of 13.0 = 4.7
- Severe (mean RDI = 56.6) an ESS of 16.2 = 3.3

I have reviewed the above information with the patient.

\_\_\_\_\_  
**Gavin Setzen, MD**

\_\_\_\_\_  
**Lawrence S. Kaufman, MD**

\_\_\_\_\_  
**Siobhan Kuhar, MD**

\_\_\_\_\_  
**Nora Perkins, MD**

\_\_\_\_\_  
**Robert Adelson, MD**

\_\_\_\_\_  
**Maggie West-Bump, RPA-C**

\_\_\_\_\_  
**Maggie West – Bump, RPA-C**

\_\_\_\_\_  
**Robert Nadratowski, RPA-C**

Date: \_\_\_\_\_

**Siobhan Kuhar, MD, PhD**  
 Diplomate  
 American Board of Otolaryngology  
 American Board of Sleep Medicine  
 Fellow  
 American College of Surgeons  
 American Academy of Otolaryngic Allergy

**Nora Perkins, MD**  
 Diplomate  
 American Board of Otolaryngology

**John Gavin, MD, FAAP**  
 Fellow American Academy of Pediatrics

**Robert Adelson, MD, FACS**  
 Fellow American College of Surgeons

**Donna Silvernail, RPA-C**  
**Maggie West-Bump, RPA-C**  
**Robert Nadratowski, RPA-C**  
**Robyn Smith, RPA-C**

400 Patroon Creek Boulevard  
 Suite 205  
 Albany, New York 12206  
 Tel : 518 701.2000  
 Fax: 518 701.2020

[www.albanyentandallergy.com](http://www.albanyentandallergy.com)

**Pediatric & Adult**  
**Ear, Nose & Throat Disorders**  
 Sinus, Nasal & Rhinology  
 Allergy Testing & Treatment  
 Dizziness & Hearing Loss  
 Voice, Speech & Swallowing  
 Snoring & Sleep Apnea  
 Head & Neck Surgery  
 Thyroid & Parathyroid Surgery  
 Facial Plastic Surgery  
 CAT Scan Imaging  
 Hearing & Balance Testing

**Audiology**  
 Marcia Perretta, AuD  
 Deanna Ross, AuD  
 Tricia Brown, AuD

**CAT Scan Imaging**  
 Judith Martin, L.RT,CT.M

**Speech Pathology**  
 Susan C. Hare, MS, CCC-SLP