



SOLUTIONS D'APNÉE DU SOMMEIL SLEEP APNEA SOLUTIONS

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EPWORTH SLEEPINESS SCALE

SCALE

0 = No chance of dozing
1 = Slight chance

2 = Moderate chance
3 = High chance

Write your
score here

| | | | | | |
|--------------------------------------|---|---|---|---|---|
| Sitting and reading | 0 | 1 | 2 | 3 | ↓ |
| Watching TV | 0 | 1 | 2 | 3 | |
| Sitting inactive in a public place | 0 | 1 | 2 | 3 | |
| A passenger in a car for 1 hour | 0 | 1 | 2 | 3 | |
| Lying down in the afternoon | 0 | 1 | 2 | 3 | |
| Sitting and talking | 0 | 1 | 2 | 3 | |
| Sitting quietly after lunch | 0 | 1 | 2 | 3 | |
| Stopped in traffic for a few minutes | 0 | 1 | 2 | 3 | |
| TOTAL | | | | | |

INTERPRETATION

If you get a score between:

0-6 Low risk of sleep apnea and associated cardiovascular risks.

7-10 ANORMAL

- Increased risk of cardiovascular event (arrhythmia, heart attack, stroke).
- **Recommend SleepStrip to rule out sleep apnea.**

>11 ANORMAL

- Increased risk of cardiovascular event (arrhythmia, heart attack, stroke).
- **Recommend home diagnostic sleep study to rule out sleep apnea.**

For an appointment, call Centre Multi-Medic, at 514.768.4717.
www.multi-medic.com