



# Sleep Right

A U S T R A L I A  
*Experts in Sleep Apnoea and Snoring*

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## Epworth Sleepiness Scale

3 - High chance of dozing off  
2 - Moderate chance of dozing off  
1 - Slight chance of dozing off  
0 - No chance of dozing off

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g a theatre or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest 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	
	<b>TOTAL /24</b>

## STOP-BANG Sleep Apnea Questionnaire

High risk of OSA: Yes 5 - 8  
Intermediate risk of OSA: Yes 3 - 4  
Low risk of OSA: Yes 0 - 2

STOP/BANG	YES	NO
Do you <b>SNORE</b> loudly (louder than talking or loud enough to be heard through closed doors)?		
Do you often feel <b>TIRE</b> D, fatigued, or sleepy during daytime?		
Has anyone <b>OBSERVED</b> you stop breathing during your sleep?		
Do you have or are you being treated for high blood <b>PRESSURE</b> ?		
<b>BMI</b> more than 35kg/m <sup>2</sup> ?		
<b>AGE</b> over 50 years old?		
<b>NECK</b> circumference > 16 inches (40cm)?		
<b>GENDER</b> : Male?		
	<b>TOTAL</b>	<b>/8</b>

To refer to sleep right Australia send referrals via fax 1300 662 883  
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