**Dr Khans Practice**



**EPWORTH SLEEPINESS SCORE**

NAME: DATE:

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

For each situation below, give yourself a score of 0 to 3 where:

0 = would never doze 1 = slight chance of dozing

2 = moderate chance of dozing 3 = high chance of dozing

(If you have not been in a situation recently, think about how you would have been affected).

|  |  |
| --- | --- |
|  | SCORE |
| Sitting and reading |  |
| Watching Television |  |
| Sitting, inactive in a public place (e.g. a theatre, meeting) |  |
| As a passenger in a car for an hour without a break |  |
| Lying down to rest in the afternoon  |  |
| Sitting and talking to someone |  |
| Sitting quietly after lunch (when you have not had alcohol) |  |
| In a car, while stopped in traffic |  |
|  Grand TOTAL |  |

 DO YOU DRIVE ? (delete as appropriate) YES / NO

Epworth Sleepiness cont….

GP Use Only.

Guidance for Referrers based upon the patients Sleep Score

* If the patient is primarily complaining of snoring those with an Epworth sleepiness score of less than 10 should be considered for referral to an ENT clinic.
* For those patients with a raised BMI in this group weight loss is likely to be effective. It would initially be recommended to refer to a local weight management programme, referring on only those patients whose symptoms fail to improve with weight loss. Mandibular devices such as those at [www.snorban.co.uk](http://www.snorban.co.uk/) or [www.sleeppro.com](http://www.sleeppro.com/) can also help some patients particularly if they have an overbite. If these measures are unsuccessful or the patient has nasal obstruction or throat symptoms ENT referral may be appropriate.
* Patients with primary complaints of snoring with an Epworth sleepiness score of 10 or more should be referred to the Sleep Clinical Assessment Service on Choose & Book.
* Patients complaining of daytime somnolence and snoring, in whom obstructive sleep apnoea is suspected clinically, should be referred to a sleep apnoea clinic irrespective of the Epworth sleepiness score, although this should still be completed. (This will guide whether or not investigations are arranged prior to clinic appointment.)