



Wake up and realize,  
you need your sleep.



Check out  
the Sleepiness  
Scale on the  
back of this  
flyer.

**B**eauty rest, peaceful dreams, lazy afternoon naps...if only sleeping was that easy for everyone. According to the National Sleep Foundation, the average adult needs between seven and nine hours of sleep each night. It's also been proven that sufficient sleep benefits alertness, memory and problem solving, and overall health, as well as reducing the risk of accidents. The National Institute of Neurological Disorders and Stroke reports that nearly 40 million people in the United States suffer from chronic long-term sleep disorders each year, and an additional 20 million people suffer occasional sleep problems. The good news - sleep disorders can be easily managed once they are properly diagnosed via a sleep study.

You're sleepy all the time. You just can't seem to shake the drowsiness, despite the eight cups of coffee. You've always felt like this, so it must be normal, right? Not necessarily.

## COMMON SLEEP DISORDERS

### Sleep Apnea and Snoring

Sleep apnea is a condition where breathing actually stops for up to two minutes at a time, as often as 200 to 500 times a night. Snoring is a symptom of sleep apnea. Signs of sleep apnea include: periods of non-breathing during sleep, excessive snoring, dry mouth and nausea, headaches in the morning, irritability and bed-wetting.

### Insomnia

Insomnia is described as having difficulty falling asleep or staying awake, waking too early in the morning, or not feeling refreshed upon waking. Causes of insomnia include anxiety, depression, altered sleep pattern, breathing disturbances, restlessness, leg kicking or pain.

### Narcolepsy

This is the overwhelming desire to sleep at inappropriate times or having the ability to fall asleep almost anywhere. Signs of narcolepsy include: excessive sleep, muscle weakness, terrifying dreams or feeling paralyzed when falling asleep or waking up.

### What is a sleep study and how can I get one?

A sleep study is a painless diagnostic test. You will be asked to spend the night at the hospital and will be monitored at all times by a polysomnographic (sleep study) technologist. The technologist will monitor your breathing, heart rhythm, brain waves, leg movements and oxygen concentration using a series of electrodes.

Talk to your doctor about your sleeping issues. Your doctor will order a sleep study if necessary. Many health insurance policies will cover sleep studies, be sure to check your individual policy for coverage.

- Do you awaken after seven or eight hours of sleep but still feel tired?
- Have you ever fallen asleep during work, school or other social functions?
- Do you experience a creepy, crawling sensation in your legs and feel an irresistible urge to move them, especially at night when you're lying in bed?
- Has your companion literally kicked you out of bed at night due to your obnoxious snoring, or have you kicked them out?
- Do you have constant headaches, poor concentration and memory loss?

If you answered yes to any of these questions, you may have a sleep disorder which could be identified during a sleep study.



**Sleep Disorders Center  
at Edgerton Hospital**



# Epworth Sleepiness Scale (ESS)

The following questionnaire will help you measure your general level of daytime sleepiness. You are to rate the chance that you would doze off or fall asleep during different routine daytime situations. Answers to the questions are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item is rated from 0 to 3, with 0 meaning you would never doze or fall asleep in a given situation, and 3 meaning that there is a very high chance that you would doze or fall asleep in that situation.

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? Even if you haven't done some of these activities recently, think about how they would have affected you.

Use this scale to choose the most appropriate number for each situation:

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

It is important that you circle a number (0 to 3) on each of the questions.

Situation	Chance of dozing (0 to 3)			
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place--for example, a theater or 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	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch (when you've had no alcohol)	0	1	2	3
In a car while stopped in traffic	0	1	2	3
	<b>Total Score:</b>			

## Scoring your results

Now that you have completed the questionnaire, it is time to score your results and evaluate your own level of daytime sleepiness. It's simple. Just add up the numbers you put in each box to get your total score.

## The Epworth Sleepiness Scale key

A total score of less than 10 suggests that you may not be suffering from excessive daytime sleepiness.

A total score of 10 or more suggests that you may need further evaluation by a physician to determine the cause of your excessive daytime sleepiness and whether you have an underlying sleep disorder.

## Your next steps

This scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which is symptom of many sleep disorders.

If your score is 10 or more, please share this information with your physician. Be sure to describe all your symptoms, as clearly as possible, to aid in your diagnosis and treatment.

It is important to remember that true excessive daytime sleepiness is almost always caused by an underlying medical condition that can be easily diagnosed and effectively treated.

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