

Snoring Questionnaire



1 Do you snore?

- A Yes
- B No
- C Don't Know

2 If you snore: Your snoring is:

- A Slightly louder than breathing
- B As loud as talking
- C Louder than talking
- D Very loud - can be heard in adjacent rooms

3 How often do you snore?

- A Nearly every day
- B 3 - 4 times a week
- C 1 - 2 times a week
- D 1 - 2 times a month
- E Never or nearly never

4 Has your snoring ever bothered other people?

- A Yes
- B No
- C Don't Know

5 Has anyone noticed that you quit breathing during your sleep?

- A Nearly every day
- B 3 - 4 times a week
- C 1 - 2 times a week
- D 1 - 2 times a month
- E Never or nearly never

6 How often do you feel tired or fatigued after sleep?

- A Nearly every day
- B 3 - 4 times a week
- C 1 - 2 times a week
- D 1 - 2 times a month
- E Never or nearly never

7 During your waking time, do you feel tired, fatigued or not up to par?

- A Nearly every day
- B 3 - 4 times a week
- C 1 - 2 times a week
- D 1 - 2 times a month
- E Never or nearly never

8 Have you ever nodded off or fallen asleep while driving a vehicle?

- A Nearly every day
- B 3 - 4 times a week
- C 1 - 2 times a week
- D 1 - 2 times a month
- E Never or nearly never

9 How often does this occur?

- A Nearly every day
- B 3 - 4 times a week
- C 1 - 2 times a week
- D 1 - 2 times a month
- E Never or nearly never

10 Do you have high blood pressure?

- A Nearly every day
- B 3 - 4 times a week
- C 1 - 2 times a week
- D 1 - 2 times a month
- E Never or nearly never

11 Your Details:

Height metres

Weight kilograms

Age

Gender

Sleepiness Test

Scoring is easy; 0 if you never doze in that situation, up to 3 if you have a high chance of dozing.

1 Sitting and Reading

- 0 **Would never doze**
- 1 **Slight chance of dozing**
- 2 **Moderate chance of dozing**
- 3 **High chance of dozing**

2 Watching television

- 0 **Would never doze**
- 1 **Slight chance of dozing**
- 2 **Moderate chance of dozing**
- 3 **High chance of dozing**

3 Sitting, inactive in a public place (e.g. cinema or a meeting)

- 0 **Would never doze**
- 1 **Slight chance of dozing**
- 2 **Moderate chance of dozing**
- 3 **High chance of dozing**

4 Passenger in a car for an hour without a break

- 0 **Would never doze**
- 1 **Slight chance of dozing**
- 2 **Moderate chance of dozing**
- 3 **High chance of dozing**

5 Lying down to rest in the afternoon (when circumstances permit)

- 0 **Would never doze**
- 1 **Slight chance of dozing**
- 2 **Moderate chance of dozing**
- 3 **High chance of dozing**

6 Sitting and talking to someone

- 0 **Would never doze**
- 1 **Slight chance of dozing**
- 2 **Moderate chance of dozing**
- 3 **High chance of dozing**

7 Sitting quietly after lunch (without alcohol)

- 0 **Would never doze**
- 1 **Slight chance of dozing**
- 2 **Moderate chance of dozing**
- 3 **High chance of dozing**

8 In a car, whilst stopped for a few minutes in traffic

- 0 **Would never doze**
- 1 **Slight chance of dozing**
- 2 **Moderate chance of dozing**
- 3 **High chance of dozing**

Your Details

Name		Address	
Telephone			
Mobile			
Email			
When is the best time for us to contact you?			