

## Gadsden Regional Medical Center Sleep Assessment

Sleep disorders affect many Americans. Once detected, most sleep disorders can be corrected. This simple test is designed to alert you to any problems which may result from sleep disorders. To find out if you may have a sleep disorder, take our self-test and compare your results to the key below.

0 = would never doze

1 = light chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

Situation	Chance of Dozing			
1. Sitting and reading	0	1	2	3
2. Watching television	0	1	2	3
3. Sitting, inactive, in a public place	0	1	2	3
4. As a passenger in a car for an hour without a break	0	1	2	3
5. Lying down to rest in the afternoon	0	1	2	3
6. Sitting and talking with someone	0	1	2	3
7. Sitting quietly after a lunch without alcohol	0	1	2	3
8. In a car, while stopped for a few minutes in traffic	0	1	2	3

### Key

**0 to 8 points:** You are most likely a normal sleeper with good sleep habits.

**9 to 16 points:** You could use information on sleep habits or further assessment of your complaints. See your physician.

**17+ points:** You should seek treatment for your sleep problems soon to improve the quality of your life. See your physician.

Please take this self-test to your doctor to see if the Sleep Disorders Center can help.

*The test you have just completed describes symptoms that are similar to those of individuals with sleep disorders. It is intended as a general source of educational information and should not be used for diagnosis or treatment. Contact the Sleep Disorders Center or your physician for more information on how to schedule a sleep study.*