

Do I have a Sleep Disorder?

Do you (or have you been told) that you:

- Snore heavily?
- Have pauses in your breathing during sleep?
- Wake up gasping, choking or short of breath?
- Awaken with a headache that soon goes away?
- Feel drowsy when you don't want to (during meetings, while driving, talking on the phone, etc)?
- Feel tired in the morning, even after sleeping all night?
- Have a history of high blood pressure, diabetes, stroke or coronary artery disease?
- Have a neck size equal to or larger than 17 inches (for women) or 18 inches (for men)?

**If you checked two or more boxes,
you may have a sleep disorder.**

Please see reverse side for more information.



**NEWTON-WELLESLEY
HOSPITAL**

PARTNERS
HEALTHCARE

FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

To schedule a sleep study call 617-243-5699

Many people think they don't have a sleep disorder because they fall asleep easily; however, what happens after you fall asleep may be more significant. An overnight sleep study is considered the "gold standard" to accurately diagnose sleep disorders and allow for follow-up treatment. If you exhibit any sleep disorder symptoms, please consult with your physician about testing.

The Sleep Center at Newton-Wellesley Hospital offers sleep testing at the Marriott in Newton to provide patients with the best environment to evaluate their sleep patterns. Our testing location occupies a first floor wing of the Marriott. Each room has a private patio opening to the river, providing patients with a relaxing and serene setting. Sleep patients will enjoy a comfortable environment with a top-quality mattress and luxury bed linens.

Your physician can order a sleep study by calling Newton-Wellesley Scheduling at 617-243-5699.

For more information, visit www.nwh.org/sleep.

Newton-Wellesley Hospital offers testing at:
Boston Marriott-Newton
2345 Commonwealth Avenue
Newton, MA 02466



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Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.

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

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

Print out this test, fill in your answers and see where you stand.

Situation	Chance of Dozing or Sleeping
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
Total score (add the scores up) (This is your Epworth score)	_____