

# Snoring and Sleep Apnoea

- Snoring is noisy breathing through the mouth and nose during sleep.
- Snoring can indicate a more serious problem, such as SLEEP APNOEA.
- SLEEP APNOEA is potentially life threatening due to the repetitive pauses in breathing.
- SLEEP APNOEA can cause DAYTIME TIREDNESS which may result in motor vehicle and occupational accidents.
- SLEEP APNOEA has serious health risks such as:
  - HIGH BLOOD PRESSURE
  - STROKE
  - HEART ATTACK.
- SLEEP APNOEA can cause IMPOTENCE.

## Symptoms

DO YOU...

- Choke or gasp on waking up from sleep?
- Feel like you have not slept at all?
- Have a morning headache?
- Feel tired, like you could fall asleep during the day?
- Has your partner commented?:
  - You snore
  - You sound like you are choking
  - You have stopped breathing during sleep.

# QUESTIONNAIRE: EPWORTH SLEEPINESS SCALE

Would never  
doze  
(0)

Slight chance  
of dozing  
(1)

Moderate chance  
of dozing  
(2)

High chance  
of dozing  
(3)

Name:

DOB:

Date:





Sitting and reading





Watching TV





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





Being in a car for an hour as a passenger (without a break)





Lying down to rest in the afternoon (when possible)





Sitting and chatting to someone





Sitting quietly after lunch (not having had alcohol)





In a car when you stop in traffic for a few minutes.

CALCULATE YOUR RESULT BY ADDING THE VALUES (0,1,2,3) FROM EACH TICK BOX

YOUR RESULT:

RESULT

WHAT YOUR ESS RESULT INDICATES

< 10

**You are most likely getting enough sleep.**

However, if you have noticed a change in your normal sleep routine, you may want to talk to your doctor.

10 - 16

**You may be suffering from excessive daytime sleepiness.**

You should see your doctor to determine the cause of your sleepiness and possible treatment.

16+

**You are dangerously sleepy.**

It is imperative you see your doctor to determine the cause of your sleepiness and investigate treatment.