



SLEEP DIAGNOSTICS OF DAYTON
 7056 Corporate Way
 Centerville, Ohio 45459
 Telephone: 937-312-9144
 Fax: 937-312-9146



**Dayton
 Respiratory Center**

Pulmonary, Critical Care, and Sleep Medicine

9000 North Main Street
 Dayton, Ohio 45415
 Telephone: 937-832-0990 Fax: 937-832-7323

Website: DayResp.com



SLEEP SPECIALISTS
 7371 Brandt Pike, Suite A
 Huber Heights, Ohio 45424
 Telephone: 937-610-3800
 Fax: 937-610-4680

**6 Board Certified Pulmonologists
 and 4 CNP's to Evaluate and
 Treat your Pulmonary Needs**

**4 DABSM Certified Sleep
 Physicians, Specializing in the
 Diagnosis and Treatment of
 Sleep Disorders**

**2 AASM Accredited
 State-of-the Art Sleep Centers**

**We Accept Medicare and
 Most Insurances**

We Offer:

- In-Center Sleep Testing
- Home Sleep Testing
- Pulmonary Function Testing
- Evaluation and Treatment of Sleep Disorders
- Evaluation and Treatment of Pulmonary Disorders
- Research and Clinical Trials
- TeleHealth Visits

Convenient Locations:

- Englewood
- Huber Heights
- Centerville
- Middletown
- Beavercreek
- Eaton
- Troy
- Lebanon

**Pediatric Sleep Center
 will be added in the near future!**



**Do you snore? Do you awaken tired after sleeping all night?
 Have you awakened choking or gasping for air?**

You may have a sleep disorder!

Please take the Epworth Sleepiness Scale Test below

Please rate how likely you are to doze off or fall asleep in the following situations, in contrast to just feeling tired. This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to determine how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

In the situations listed below, answer each question below with a 0, 1, 2, or 3

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

SITUATION	CHANCE OF DOZING
1. Sitting and reading	
2. Watching TV	
3. Sitting inactive in a public place <i>(theater, meeting, etc.)</i>	
4. As a passenger in a car for an hour without a break	
5. Lying down to rest in the afternoon when circumstances permit	
6. Sitting and talking to someone	
7. Sitting quietly after lunch <i>(without alcohol)</i>	
8. In a car, while stopped for a few minutes in traffic	

TOTAL: _____

Total your answers from the questions above. The ESS should only be considered as a subjective tool in evaluating your snoring. If you score 11 or more, there is a good chance you may have obstructive sleep apnea syndrome and you should seek the advice of your physician. However, the ESS cannot diagnose your condition and scoring less than 11 does not guarantee that you don't have obstructive sleep apnea syndrome. If you feel you have any signs of obstructive sleep apnea syndrome, you should consult your physician or call our office for an appointment.