



STOP ASSESSMENT

Do you think you might have sleep apnea? Take this assessment and score yourself. While this isn't the only diagnostic assessment available for determining whether or not you have sleep apnea, or a sleep-related breathing disorder, it's a great way to get started and bring to your attention some of the things that might be keeping you from getting a restful night's sleep.

STOP ASSESSMENT

- **S** (Snoring) Do you snore while sleeping?
- **T** (Tired) Do you have daytime fatigue? Or do you wake up feeling as though you have not slept?
- **O** (Obstruction) Have you been told by someone that you stop breathing at night? Or, do you occasionally gasp for air while you are sleeping?
- **P** (Pressure) Do you currently take high blood pressure medication or do you have high blood pressure?

SCORING

Answering **YES to TWO or MORE** of the STOP questions means you are at risk for obstructive sleep apnea (OSA).

EPWORTH SLEEPINESS SCALE

Using the Epworth Sleepiness Scale, how likely are you to fall asleep or doze off in the following situations listed below? Even if you have not been in the following situation recently, try to think how they would have affected you. Score yourself 0 to 3 for each question and add up each answer to get your total. Using your total number for all questions, match it with the chart on the right to determine your level of sleepiness.

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

- Sitting and reading
- Watching TV
- Sitting inactive in a public place (examples: a theater or a meeting)
- Sitting in a car as a passenger for a continuous hour
- Lying down to rest in the afternoon when circumstances permit
- Sitting and talking to someone
- Sitting quietly after a lunch without alcohol
- Sitting in a car stopped in traffic for a few minutes

SCORING

- 0–10 Normal
- 10–12 Borderline
- 12–24 Sleepy

***This assessment is used by all Nebraska Family Dentistry locations in conjunction with other diagnostic tools such as a home sleep test and clinical evaluation by our dentist for sleep apnea, Dr. Kim Polley, at Northstar Dental.*