

How well do you sleep?

If you have any of these conditions:

- Angina
- Atrial fibrillation
- All hypertension
- Congestive heart failure
- Type 2 diabetes
- Coronary artery disease
- Drug-resistant hypertension

And you have untreated severe sleep apnoea.

You have ▲

70%

increased risk of death or a non-fatal heart event (mini stroke or heart attack)

46%

increased risk of an early death

300%

increased risk of stroke

8^{fold}

risk of a car accident with a personal injury

Complete the Epworth Sleepiness Scale on reverse and speak to your doctor today

- References
- 1, Punjabi N, Caffo B, et al. Sleep disordered breathing and mortality. PLoS Medicine 2009, 6:e1000132
 - 2, Mooe T, Franklin K, et al. Sleep disordered breathing and coronary artery disease, Am J Respir Crit Care Med 2001, 164:1910-1913
 - 3, Horstmann S, Hess C, et al. Sleepiness related accidents in sleep apnoea patients. Sleep 2000, 23:1-7
 - 4, Findley L, Smith C, et al. Treatment with nasal CPAP decreases automobile accidents in patient with sleep apnoea. Am J Respir Crit Care Med 2000, 161:857-859
 - 5, Mulgrew A, Nasvardi G, et al. Risk and severity of motor vehicle crashes in patients with OSAH. Thorax 2008, 63:536-541

Epworth Sleepiness Scale

To help determine your level of sleepiness please complete this questionnaire and provide this form to your doctor.

Instructions

What is the likelihood of you dozing in the following situation?
Use the following scale to choose the most appropriate number for each situation.

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

Situation	Chance of dozing
Sitting and reading	
Watching television	
Sitting inactive in a public place (e.g. a theatre or a meeting)	
As a passenger in a car for an hour without break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total ▶	

If your total score is 8 or higher

Consider discussing these results with your doctor. Following clinical evaluation your doctor may recommend a sleep study for an accurate diagnosis and if appropriate, effective treatment of an underlying sleep disorder.