IDS
Instant Diagnostic Systems

Patient Self-Screening Form
S.T.O.P. / Epworth Sleepiness Scale

Treating Physician: NPI -

Last Name: _____ First: _____

Birth Date: _____ ☐ Male ☐ Female Height: _____ Weight: _____ Neck Circumference (or Collar Size) _____

The S.T.O.P. Quiz

		Yes	No
1. *Snoring*	**Do you snore loudly?**	☐	☐
2. *Tired*	**Do you often feel tired, fatigued, or sleepy during the daytime?**	☐	☐
3. *Observed*	**Has anyone observed you stop breathing (choking, gasping) during your sleep?**	☐	☐
4. *Pressure*	**Do you have, or are you being treated for high blood pressure?**	☐	☐

Epworth Sleepiness Scale:

How likely are you 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 haven't done some of these things recently, try to think about how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

0 = *Never* doze
1 = *Slight* chance of dozing
2 = *Moderate* Chance of dozing
3 = *High* Chance of dozing

Chance of Dozing Score 0-3:	Situation:
____	Sitting and reading
____	Watching TV
____	Sitting, inactive in a public place (i.e. a theater or in a meeting)
____	As a passenger in a car for an hour without a 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 stopping for a few minutes in traffic
_____	**TOTAL (This is your Epworth Score!)**

Summary:

Discuss results with your physician as soon as possible about your high risk for sleep apnea if:

☐ You answered 'YES' to TWO or more questions in the Stop Quiz, **or** ONE YES and you fit any of the following criteria: Male - Over 50 - Overweight - Large Neck Circumference (collar size).

OR...

☐ Your "Epworth Sleepiness Scale" Score total is 9 or higher

Disclaimer: The validated questionnaires on this form are intended to help assess patients that may be at risk for OSA. It is not intended to replace clinical judgement of the treating physician in the diagnosis of OSA.
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