General Sleep Study Worksheet

Patient			
	Patient Name:		
	DOB:		
	Insurance Plan:	Member ID:	
	Epworth Sleepiness Score:		
	BMI:	Height:	Weight:

Complaints and Symptoms: (Check all that apply)					
	Snoring		Excessive daytime sleepiness		Disturbed or restless sleep
	Non-restorative sleep		Morning headaches		Memory loss
	High blood pressure		Witnessed pauses in breathing		Choking during sleep
	Gasping during sleep		Frequent unexplained arousals		Nocturia
	Decreased libido		Irritability		Non-ambulatory individual
	Patient works night shift		Patient sleeps < 6 hrs per night		

Duration of Symptoms: How long has the patient been experiencing their symptoms?			
	< One month, Number of weeks:		One Month
	Three Months		> Six months. Number of months:

Co-morbid Conditions (recent supporting documentation required)			
	Idiopathic **Pulmonary** Hypertension		Neuromuscular weakness impaired respiratory function
	Class III or IV CHF		Stage III or IV COPD/Lung Disease
	Suspected nocturnal seizures		Significant, persistent cardiac arrhythmia
	Suspected narcolepsy		Neurodegenerative disorders or impairments
	Central sleep apnea		History of stroke or myocardial infarction

Medications (please list all medications):

Epworth Sleepiness Scale:

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just 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 imagine how they would have affected you.

Use the following scale to choose the most appropriate number for each situation:

0 = Would never doze or sleep

1 = Slight chance

2 = Moderate change of dozing or sleeping

3 = High chance of dozing or sleeping

Situation Chance of Dozing or Sleeping	
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a motor vehicle for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
Total score	