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Patient Name: _____

Date: _____

Sleep Screening

As a general health service to our valued patients, our practice is screening for Sleep Apnea, a sleep related disorder. Apnea means “without breath”. A cardinal sign of possible apnea is SNORING. When someone has Sleep Apnea, they will “unconsciously” stop breathing for 10 seconds or more, hundreds of times a night. This loss of oxygen to the body can give rise to many diseases such as cardiovascular disease, obesity, stroke, heart failure, hypertension, diabetes and depression. A custom fitted oral appliance, instead of a CPAP facial mask, is now available to treat Sleep Apnea when diagnosed.

EPWORTH SLEEPINESS SCALE

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? Use the following scale to choose the most appropriate number for each situation:

0 = no chance of dozing
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 (i.e. theater)	
As a car passenger for an hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

Total Score: _____