

## The DuPage Medical Group Sleep Medicine Sleep Test

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 work out how they would have affected you. 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 TV	
Sitting inactive in a public place (e.g a theater or 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 stopped for a few minutes in traffic	
<b>Total</b>	

How did you do?

1 – 6 = Congratulations, you are getting enough sleep!

7 – 8 = Your score is average

9 and up = Seek the advice of a sleep specialist without delay

### **DuPage Medical Group in Lombard on Highland Ave**

1801 S. Highland Avenue  
Lombard, IL 60148  
Sleep Lab (630) 873-8888

### **DuPage Medical Group in Naperville at Edward Medical Physician Center**

120 Spalding Drive  
Naperville, IL 60540  
Pulmonary & Sleep Medicine (630) 871-6699

### **DuPage Medical Group in Winfield at Central DuPage Hospital**

25 N. Winfield Road  
Winfield, IL 60190  
Pulmonary & Sleep Medicine (630) 871-6699