



Summergeate Professional Center
27406 Cashford Circle
Wesley Chapel, FL 33544
Phone (813) 994-8900
Fax (855) 388-5350

Sleep Questionnaire

Patient Name: _____

Date: _____

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

- 0 = would never doze or sleep
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance 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 (add the scores up)	_____