



Hawthorn Medical

Hawthorn Medical Sleep Center

Accredited by the American Academy of Sleep Medicine



ACCREDITED
MEMBER CENTER

Millions of people have sleep disorders that prevent them from having a healthy sleep rhythm. This can lead to issues like chronic fatigue, irritability, headaches and lack of concentration. Hawthorn's Sleep Center is committed to minimizing the negative issues related to sleep disorders.

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 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	

Interpretation

Add together all of your scores from above: _____

0 - 9 = average score, normal population

10 - 24 = **sleep specialist advice recommended**