

How **Sleepy** Are You?

Take the Sleep Test

0 - never

1 - slight chance

2 - moderate chance

3 - high chance

Chance of Dozing While:	Circle One			
Sitting & Reading	0	1	2	3
Watching Television	0	1	2	3
Sitting inactive in a public place, for example, a theater or meeting	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch	0	1	2	3
In a car while stopped in traffic	0	1	2	3

10+ Points

Call us!

Call 1-866-52-Sleep



**HUNTSVILLE
HOSPITAL**

SLEEP CENTER