



PM SLEEP LAB

Employee name:

Company name:

Instructions: How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling 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 estimate how they would have affected you using the scale below.

- 0 means that you would NEVER doze in this situation
- 1 means that there is a SLIGHT chance of dozing in this situation
- 2 means that there is a MODERATE chance of dozing in this situation
- 3 means that there is a HIGH chance of dozing in this situation
- 4 means that you would ALWAYS doze in this situation

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| 1. Sitting and reading | 0 | 1 | 2 | 3 | 4 |
| 2. Watching television | 0 | 1 | 2 | 3 | 4 |
| 3. Sitting inactive in a public place,
for example, a theater or meeting | 0 | 1 | 2 | 3 | 4 |
| 4. As a passenger in a car for an
hour without a break | 0 | 1 | 2 | 3 | 4 |
| 5. Lying down to rest in the afternoon | 0 | 1 | 2 | 3 | 4 |
| 6. Sitting and talking to someone | 0 | 1 | 2 | 3 | 4 |
| 7. Sitting quietly after lunch (without alcohol) | 0 | 1 | 2 | 3 | 4 |
| 8. In a car while stopped in traffic | 0 | 1 | 2 | 3 | 4 |

If you score a total of 10 or above, consult a doctor and ask for a sleep study at PM Sleep Lab. If you are experiencing Cataplexy, you should see a doctor regardless of your score on the test. Please print this page (with your score) and take it to your doctor.

Since a great number of people suffer from sleep disorders without getting treated, anyone who suspects they may have a sleep disorder should seek help. Sleep deprivation is very serious and can affect growth in children, weight loss in adults, and the functioning of the body's organs. It is a significant detriment to good health.