



# Sleep Habits

Office Use Only											
SOF ID#				Acrostic				Staff ID#			

14 Have you ever snored (now or at anytime in the past)?  Yes  No  Don't know



How often do you snore now?

- |   |  |
|---|--|
| <input type="radio"/> Do not snore anymore              | <input type="radio"/> Frequently (3 to 5 nights a week)              |
| <input type="radio"/> Rarely (less than 1 night a week) | <input type="radio"/> Always or almost always (6 or 7 nights a week) |
| <input type="radio"/> Sometimes (1 or 2 nights a week)  | <input type="radio"/> Don't know                                     |

15 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. Mark the most appropriate circle for each situation.

	Would <b>Never</b> Doze	<b>Slight</b> Chance of Dozing	<b>Moderate</b> Chance of Dozing	<b>High</b> Chance of Dozing
a. Sitting and reading <b>V8DSREAD</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Watching TV <b>V8DSTV</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sitting inactive in a public place (e.g. a theater or a meeting) <b>V8DSPUB</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. As a passenger in a car for an hour without a break <b>V8DSCAR</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> <b>V8EDS</b>
e. Lying down to rest in the afternoon when circumstances permit <b>V8DSREST</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Sitting and talking to someone <b>V8DSTALK</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Sitting quietly after a lunch without alcohol <b>V8DSEAT</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. In a car, while stopped for a few minutes in traffic <b>V8DSTRAF</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V8EPWORT**

Draft

