

Wesley Sleep Center - Sleep Self-Test

A good measure of whether or not you are getting restorative sleep can be determined by taking a self-assessment sleep test. Answer these questions about how likely are you to doze off or fall asleep in the given situation.

These situations refer to your daily activities. Even if you have not done some of these things recently, try to estimate how you might have been affected. Use the following scale to choose the most appropriate level for each situation.

Once detected, most sleep disorders can be corrected. This simple test is designed to alert you to any potential sleep disorder you may have.

0 = Never doze off	2 = Moderate chance of dozing
1 = Light chance of dozing	3 = High chance of dozing
Situation:	Chance Of Dozing:
Sitting and reading	0 1 2 3
Watching television	0 1 2 3
Sitting, inactive, in a public place (theater, doctor's office)	0 1 2 3
As a passenger in a car for an hour without a break	0 1 2 3
Lying down to rest in the afternoon	0 1 2 3
Sitting and talking with someone	0 1 2 3
Sitting quietly after a lunch without alcohol	0 1 2 3
In a car, while stopped for a few minutes in traffic	0 1 2 3

Compare your answers to the list below.

0 -8 points: You are most likely a normal sleeper with good sleep habits.

9 to 16 points: You may benefit from additional information on positive sleeping habits or further assessment if your complaints persist. You might address this with your personal physician during your next visit.

17+ points: You may have a sleep disorder. You should seek treatment for your problems to improve the quality of your life. We recommend you see your physician.

If you show any symptoms like those listed above, the Wesley Sleep Center can help you. Our sleep lab professionals have received specialized training in sleep disorders and respiratory medical treatment.

Remember, the test you have just completed describes symptoms that are similar to those of individuals with sleep disorders. It is intended as a general source of educational information and should not be used for diagnosis or treatment. Contact the Wesley Sleep Center at (601) 271-2204 for more information on how to schedule a sleep study.