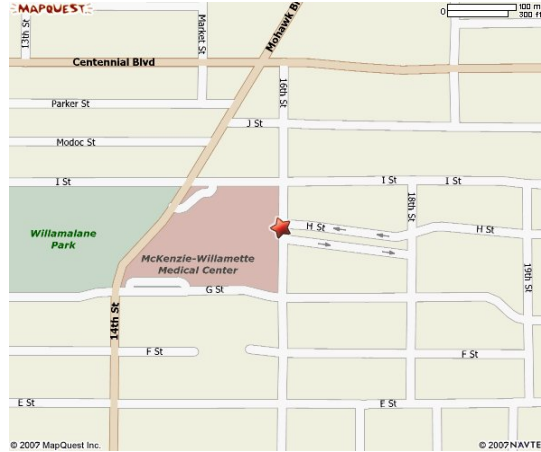


SLEEP SOLUTIONS CENTER

The Sleep Center is located in the Jack V. Fuller House at 1600 H Street in Springfield. It is a blue house just east of McKenzie-Willamette Hospital, across the street from the Medical Office building. Free parking is available at the Fuller House. The main entrance to the Sleep Center is on the opposite side of the building from the parking lot. However, the back door is often unlocked. If you cannot make your appointment please call us at 744-8525 or call the scheduling center at 744-6000. We look forward to seeing you!



THE EPWORTH SLEEPINESS SCALE

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, please indicate how they would have affected you. Use the following scale to choose the *most appropriate* number for each situation described.

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

SITUATIONS:

- Sitting and reading _____
- Watching TV _____
- Sitting inactive in a public place (a theater or a 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 lunch without alcohol _____
- In a car while stopped for a few minutes in traffic _____
- TOTAL** _____

Thank you for your assistance!!