

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 and 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 to find out how Huntsville Hospital Health System's Sleep Center can help you.

(256) 265-8553 • Huntsville

(256) 265-5977 • Madison

Sleep Center

 **Health System**