

# Daytime sleepiness



Name ..... First Name ..... Date .....

Date of birth .....



The following questions are related to your everyday life in recent times, even if you have not experienced some of these situations, try to imagine them anyway.

## How likely are you to nod or fall asleep in any of the following situations? (so do not just feel tired)?

Scale goes from 0 (never) to 3 (very likely)

Situation / behavior	Probability to fall asleep?			
Reading while sitting	0	1	2	3
When watching TV	0	1	2	3
Passive (as a listener) sitting in public (e.g., theater, cinema, etc.)	0	1	2	3
As co-driver in the car during a 1h drive without break	0	1	2	3
If you have lain down in the afternoon to rest	0	1	2	3
When you talk to someone sitting down	0	1	2	3
If you sit quietly after lunch (without alcohol)	0	1	2	3
If you drive for a few minutes while driving	0	1	2	3
<b>Please do not fill!</b>	Total:			

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