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Call today for  
more information

# Snoring?

## Day Time Sleepiness?



## Take The Test

**Your dentist may have the answer**

Turn over & take the test.  
It's your first step to a  
better nights sleep

  
**SomnoDent**<sup>®</sup>  
DESIGNED FOR SLEEP

# The Epworth sleepiness scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? Use the scale below to rate the likelihood that you would doze off or fall asleep (in contrast to just feeling tired) during that activity. If you haven't done some of these things recently, consider how you think they would affect you.

Use the following scale to choose the most appropriate number for each situation.

**0 = would never doze**                      **2 = moderate chance of dozing**  
**1 = slight chance of dozing**           **3 = high chance of dozing**

Situation	Chance Of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place ( <i>e.g. a theater or a meeting</i> )	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when time permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
<i>The score obtained by adding the numbers leads to a total:</i>	

**0 - 9 - average score, normal population**

**10 - 24 - sleep specialist advice recommended**

If you have scored 10 or over please consult your Dental Sleep Professional Dr Robert Blackburne to discuss your treatment options.

[www.dentistchristchurch.co.nz/](http://www.dentistchristchurch.co.nz/)