

~ Dr. James Watson ~

KNOW YOUR SNORE SCORE

Snoring has become more than a social issue. It has been shown that the sleep partner loses one hour of REM (deep sleep) per night. Not only that, snoring has become MORE than a quality of life issue as it has been shown to be progressive over time. It is important to know recent statistics show that the mortality rate of untreated cases of obstructive sleep conditions is an alarming one third of all cases.

A score of 9 or above indicates you may be having a problem with daytime sleepiness but below 9 does not necessarily mean that you don't have a problem. If your snore score is 9 or above, or you have been told that you awake gasping for breath, or if you are sleepy during the day, please call me as soon as possible to determine if a SNORE GUARD will work for you to increase your quality of sleep.

The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? Choose the most appropriate number for each situation:

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

Activity:	Number
Sitting and Reading	_____
Watching TV	_____
Sitting or inactive in a public place (theater, meeting, etc.)	_____
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 SCORE	_____

ASK YOURSELF, "Will a Snore Guard help me and my partner get the quality of sleep we need?" Don't wait any longer. Please call our office at **415-564-7200** for an appointment to discuss your results.