



Tracking Your Daytime Sleepiness

A helpful guide for people with Excessive
Daytime Sleepiness (EDS) due to sleep apnea





Now That You've Taken the Epworth Sleepiness Scale (ESS) Questionnaire

The ESS is a common tool that doctors use to evaluate how likely a person is to fall asleep during daily activities.

If you are diagnosed with Excessive Daytime Sleepiness (EDS) due to sleep apnea, you and your doctor can use this tool at each visit to track your score.

Use the space at the back of this booklet to keep track.

EDS is a real medical condition associated with sleep apnea. It can cause you to feel extremely tired during the day, and even to fall asleep when you shouldn't. EDS is something beyond just the "normal" tired feeling that many people feel after staying up too late or waking up with young children.

EDS due to sleep apnea can affect memory and can cause you to make mistakes or impair your thinking. Talk to your doctor if you feel you are experiencing these effects

The ESS Questionnaire is used to assess EDS only and is not a diagnostic tool for OSA. A diagnosis should be established by a sleep specialist.

Understanding Your Score

0-10



You have a normal level of sleepiness

If your score is close to 10, continue to pay attention to how sleepy you are, and inform your doctor at your follow-up visits

11-12



You could have mild EDS

13-15



You could have moderate EDS

16-24



You could have severe EDS

Your score may change over time. Tracking your score may help you and your doctor understand whether your treatment is working. It is important to have a conversation with your doctor about how EDS due to sleep apnea is affecting your life.

EDS Is More Common Than You Might Think

In a study,

**1 in 3
people**



with sleep apnea who regularly used their continuous positive airway pressure (CPAP) therapy still experienced EDS

Another study showed that

65% of people with EDS due to sleep apnea reported falling asleep involuntarily during the day

CPAP is an important treatment that your doctor might prescribe for sleep apnea. It is meant to treat your airway obstruction, but it may not always relieve the symptoms of EDS due to sleep apnea.

Lifestyle changes, such as losing weight, can also help you feel more awake during the day.

Pay Attention to How You Feel During the Day

Think about whether your sleepiness is having a negative impact on your:



Work



Romantic relationships



Enjoyment of activities

Talk to your doctor

If you are using your CPAP to treat your sleep apnea but are still feeling sleepy during the day, tell your doctor you're ready to do more. There may be additional treatments available.

Your doctor should have a complete picture of your mental and physical health. Every person's needs—and what will work for them—are different





Take Charge of Your Excessive Daytime Sleepiness

At each of your follow-up appointments with your doctor, take note of your ESS score.

Date of appointment	Your score

Between appointments, jot down any questions you have for your doctor, observations about changes in your sleepiness, or changes you have made to try to improve your symptoms.



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