



*Quality of sleep is very much related with oral health and overall wellness.*

*Please answer these few questions regarding your sleep patterns.*

### How likely are you to fall asleep in certain situations?

*Please circle the answer that applies best to you*

SITUATIONS	CHANCE OF FALLING ASLEEP			
	<i>Would Never</i>	<i>Slight</i>	<i>Moderate</i>	<i>High Chance</i>
a) Sitting and Reading	0	1	2	3
b) Watching TV	0	1	2	3
c) Sitting inactive in a public place (theater or meeting)	0	1	2	3
d) Riding as a passenger in a car for more than 1 hour	0	1	2	3
e) Lying down to rest in the afternoon when time permits	0	1	2	3
f) Sitting and talking to someone	0	1	2	3
g) Sitting quietly after lunch (without alcohol)	0	1	2	3
h) In a car, while stopped for a few minutes in traffic	0	1	2	3