

James E. Metz, DDS  
1271 East Broad Street  
Columbus, Ohio 43205  
614-252-4444

Snoring has a significant effect on the quality of life for many people. Snoring can affect the person snoring and those around him/her., both physically and emotionally. Use the following scale to choose the most appropriate number for each situation. (Go to question #4 if you have no bed partner.)

- 0 = Never
- 1 = Infrequently (1 night per week)
- 2 = Frequently (2-3 nights per week)
- 3 = Most of the time (4 or more nights per week)

|  |       |
|--|-------|
| My snoring affects my relationship with my partner   | _____ |
| My snoring causes my partner to be irritable or tired                                      | _____ |
| My snoring requires us to sleep in separate rooms  | _____ |
| My snoring is loud   | _____ |
| My snoring affects people when I am sleeping<br>away from home (i.e. hotel, camping, etc.) | _____ |
| <b>TOTAL SCORE</b>   | _____ |

A score of 5 or greater indicates your snoring may be significantly affecting your quality of life