

How likely are you to doze off in the following situations? Even if you have not done some of these things recently, try to work out how they would have affected you.

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

<u>Situation</u>	<u>Chance</u>
Sitting and reading	<hr/>
Watching television	<hr/>
Sitting, inactive, in a public place	<hr/>
As a passenger in a car for 1 hour	<hr/>
Lying down in the afternoon	<hr/>
Sitting and talking to someone	<hr/>
Sitting quietly after a lunch without alcohol	<hr/>
In a car, while stopped for a few minutes in traffic	<hr/>
Total Score:	<hr/>

If the score is more than **9** please give this to your doctor to review, there is help for how you feel
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Favor de contestar las siguientes preguntas con esta escala:

- 0 = Nunca se quedaria dormido(a)
 1 = poca posibilidad de dormitarse
 2 = posibilidad moderada par dormitarse
 3 = Alta posibilidad para dormitarse

<u>Situacion</u>	<u>Posibilidad de dormitar</u>
<u>Sentada y lectura</u>	_____
<u>Viendo la television</u>	_____
<u>Sentado, inactive, en un lugar publico</u>	_____
<u>Acostado en la tarde</u>	_____
<u>Como pasajero(a) en un carro por una hora sin parar</u>	_____
<u>Sentado(a) hablando con alguien</u>	_____
<u>Sentado tranquilamente despues de un almuerzo sin alcohol</u>	_____
<u>En un carro parado o conducir en el trafico</u>	_____
<u>Puntos totales</u>	_____

Si los puntos son mas del **9** por favor hacerle esto a tu medico para que revise
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