## **FUNCTIONAL OUTCOME SLEEP QUESTIONAIRE**

NAME:	<b>Date:</b>
	<b>D</b> utc.

## Sleep Apnea and the Importance of Treatment

Your sleep specialist has prescribed one of Resperonic's positive airway pressure devices to treat sleep apnea. This common disorder causes disruptive sleep and leads to other serious, potentially life-altering and life-threatening conditions. If left untreated, you may feel tired or sleepy during the day and you have increased risk for:

- Decreased quality of life
- High blood pressure
- ❖ Heart disease and heart attack
- Stroke
- ❖ Fatigue- related motor vehicle and work accidents

## Functional Outcomes of Sleep Questionnaire (FOSQ) 1

FOSQ is a quality-of-life questionnaire designed specifically for people with sleep disorders. The results allow health care professionals to see how therapy has improved the quality of your life. By completing the questionnaire periodically, you can provide valuable information about the effectiveness of your treatment.

## **Instructions for Completing the Questionnaire**

In this questionnaire, when the words "sleepy" or "tired" are used, it describes the feeling that you can't keep your eyes open, your head is droopy, that you want to nod off or that you feel the urge to take a nap. These words do not refer to the tired or fatigued feeling you may have after you have exercised.

Q1.	Do you gener	rally have diffic 2	culty concentrat  3	ing on the thir	ngs you do because you are sleepy or tired?
Q2.	Do you gener	rally have diffic 2	culty remember 3	ing things because 4	ause you are sleepy or tired?
Q3.	Do you have 1	difficulty finish	ning a meal bec	ause you beco 4	ome sleepy or tired?
Q4.	Do you have are sleepy or	•			sewing, collecting, gardening) because you
	0	1	2	3	4
Q5.	-	difficulty doing repair work) be			example: cleaning house, doing laundry, taking?
	0	1	2	3	4
Q6.	Do you have become sleep	• •	ating a motor ve	ehicle for shor	t distances (less than 100 miles) because you
	0	1	2	3	4
Q7.	Do you have become sleep	• •	ating a motor ve	chicle fro long	distances (greater than 100 miles) because you
	0	1	2	3	4
Q8.	Do you have transportation		ng things done l	because you ar	re sleepy or tired to drive or take public
	0	1	2	3	4
Q9.	-	•	_		doing paperwork (for example: writing tax forms, etc.) because you are sleepy or
	0	1	2	3	4
Q10.	Do you have	difficulty perfo	rming employe	ed or volunteer	work because you are sleepy or tired?
	U	1	2	3	4
Q11.	Do you have	difficulty main	taining a teleph	one conversat	ion because you become sleepy or tired?
	()	1	2	3	4

Q12.	Do you have tired?	difficulty visiting	ng with your fa	mily or friends	in your home because you become sleepy or
	0	1	2	3	4
Q13.	Do you have tired?	difficulty visiting	ng with your fa	mily or friends	in their home because you become sleepy or
	0	1	2	3	4
Q14.	Do you have	difficulty doing	things for you 2	r family or frie 3	nds because you are too sleepy or tired?
Q15.	Has your relatired?	ationship with fa	amily, friends o	r work colleag	ues been affected because you are sleepy or
	1	2	3	4	
Q16.	Do you have tired?	difficulty exerc	ising or partici	pating in a spor	rting activity because you are too sleepy or
	0	1	2	3	4
Q17.	Do you have	difficulty watch	ning a movie or 2	videotape bec	ause you become sleepy or tired?
Q18.	Do you have	difficulty enjoy	ring the theater 2	or a lecture bed	cause you become sleepy or tired?
Q19.	Do you have	difficulty enjoy	ring a concert b	ecause you bed	come sleepy or tired?
Q20.	Do you have	difficulty watch	ning television	because you ar	e sleepy or tired?
Q21.	Do you have sleepy or tire		ripating in relig	ious services, 1	meetings or a group/club because you are
	0	1	2	3	4
Q22.	Do you have	difficulty being 2	as active as you	ou want to be ir 4	the <u>evening</u> because you are sleepy or tired
Q23.	Do you have	difficulty being 2	as active as you	ou want to be in	the morning because you are sleepy or tied?
Q24.	Do you have tired?	difficulty being	as active as ye	ou want to be i	n the <u>afternoon</u> because you are sleepy or
	1	2	3	4	

Q25.	Do you have of	difficulty 2	keeping pace w 3	ith others your ow 4	n age bec	ause you are sleepy or tired?
Q26.	How would you 1= Very Low	•	our general level 2 = Low	of activity? 3 = Medium	1	4 = High
Q27.	Has your intir 0	nate or s	exual relationshi 2	p been affected be 3	ecause you 4	are sleepy or tired?
Q28.	Has your desi	re for int 1	imacy or sex bee	en affected becaus 3	e you are	sleepy or tired?
Q29.	Has your ability 0	ity to bed	come sexually are	oused been affected	ed because 4	e you are sleepy or tired?
Q30.	Has your abili	ity to hav	ve an orgasm bee	en affected because	e you are	sleepy or tired?
<i>Answe</i> 0 = I d	•	ctivity fo	or other reasons			
1 = Ye	s, extreme					
2 = Ye	s, Moderate					
3 = Ye	s, a little					
<b>4</b> = <b>N</b> o	•					