

INSOMNIA MANAGEMENT 1

Sleep Assessment

The first step in dealing with a sleep problem is an accurate assessment of its nature, severity and causes. Only then can an appropriate diagnosis be made and treatment implemented.

To help this process, two assessment tools are recommended. The Epworth Sleepiness Scale and the Assessment Flow Chart (provides Possible Diagnosis and Management Technique recommendation)

Epworth Sleepiness Scale – (ESS)

*This tool should only be used on patients **not** taking sleep medication and completed with the assistance of a health professional.*

The ESS is a questionnaire that determines the impact the sleep problem is having on the patient's daytime functioning.

Ask the patient to consider the following, when answering the ESS questions below:

"How likely are you to fall asleep in the following situations rather than just feeling tired?"

"If you have not done these things recently, think how they have effected you in the past."

Using the following scale, choose the most appropriate number for each situation.

- 0 = Would never doze**
- 1 = Slight chance of dozing**
- 2 = Moderate chance of dozing**
- 3 = High chance of dozing**

<u>Situation</u>	<u>Chance of dozing</u>
• Sitting and reading	_____
• Watching TV	_____
• Sitting inactive in a public place (eg theatre or meeting)	_____
• As a car passenger for an hour without a break	_____
• Lying down to rest in the afternoon when circumstances permit	_____
• Sitting and talking to someone	_____
• Sitting quietly after lunch without alcohol	_____
• In a car while stopped for a few minutes in the traffic	_____
	Total Score _____

Score Indicator:

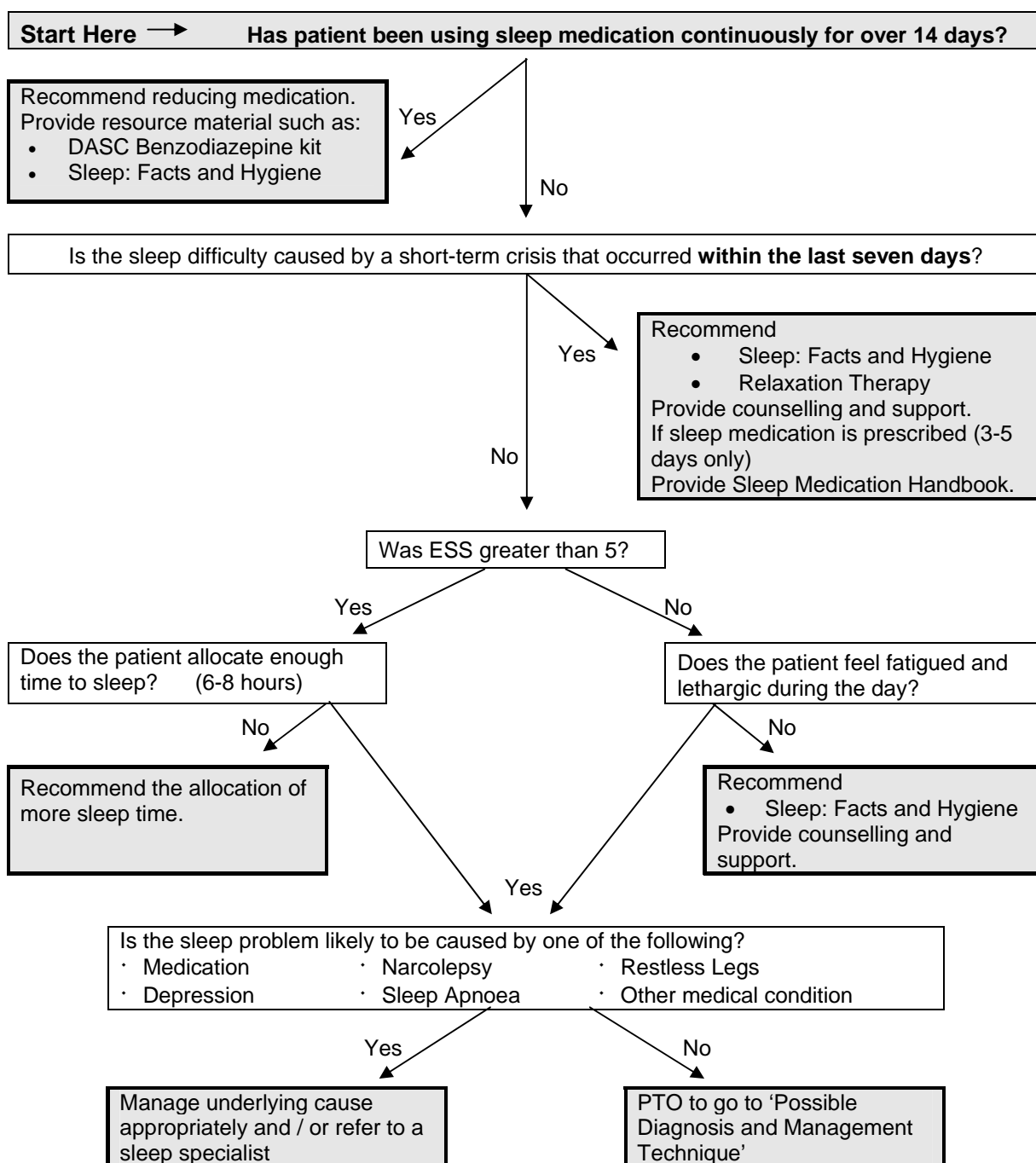
- 0 – 4 Satisfactory daytime functioning
- 5 – 9 Daytime tiredness, lack of energy
- > 10 Excessive daytime sleepiness, possible underlying medical condition

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Assessment Flow Chart

The Assessment Flow Chart, completed in conjunction with a health professional, will lead the patient through a series of questions that will help to identify the cause of sleep problems and lead to the most appropriate management for the sleep difficulty.

- Follow the flow chart by answering “yes” or “no” to each question.
- If, at the end of the flow-chart, the patient needs to continue to the “Possible Diagnosis” section, proceed to the next page for instructions:”



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Possible Diagnosis & Management Techniques

Continued from Assessment Flow Chart.

Complete this section, with assistance from a health professional.

- Read each question in the “Possible Diagnosis” column.
- If the patient answers “yes” to any of the questions, place a ✓ in the associated Management Technique box.
- This should result in one or more management techniques being recommended.
- If more than one management technique is suggested. This simply means a number of factors may be contributing to the sleep problem.

POSSIBLE DIAGNOSIS	MANAGEMENT TECHNIQUE
<p><i>The perception that insomnia is affecting their lifestyle</i></p> <ul style="list-style-type: none"> • Is insomnia affecting your ability to enjoy life? • Do you worry about not sleeping or coping the next day? 	<p><i>Resource:</i></p> <p>Sleep: Facts and Hygiene</p>
<p><i>The inability to relax in bed</i></p> <p>When waiting to fall asleep do you:</p> <ul style="list-style-type: none"> • Find your mind racing? • Feel physically tense? • Toss and turn often? 	<p><i>Resource:</i></p> <p>Relaxation Therapy</p>
<p><i>The bed/bedroom associated with not sleeping</i></p> <p>When in bed do you feel:</p> <ul style="list-style-type: none"> • Worried, anxious or frustrated? • Less sleepy after turning out the lights than before going to bed? 	<p><i>Resource:</i></p> <p>Stimulus Control Therapy</p>
<p><i>Spending excessive time in bed</i></p> <ul style="list-style-type: none"> • On average do you spend a total of nine or more hours in bed? • Do you try to catch upon lost sleep? 	<p><i>Resource:</i></p> <p>Bedtime Restriction Therapy</p>
<p><i>Advanced Sleep Phase Syndrome</i></p> <ul style="list-style-type: none"> • Do you fall asleep before 9pm each night? • Do you wake early and are unable to return to sleep? 	<p><i>Resource:</i></p> <p>Bright Light Therapy (evening)</p>
<p><i>Delayed Sleep Phase Syndrome</i></p> <p>Do you often have difficulty:</p> <ul style="list-style-type: none"> • Falling asleep before midnight? • Rising early each morning, even with an alarm? 	<p><i>Resource:</i></p> <p>Bright Light Therapy (morning)</p>

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