

## FATIGUE SEVERITY SCALE (FSS)

**Jaws and teeth affect the airway, and the airway affects fatigue. We may be able to help.**

Name \_\_\_\_\_ Date \_\_\_\_\_

Please circle the number between 1 and 7 which you feel best fits the following statements. This refers to your usual way of life within the last week. 1 indicates “strongly disagree” and 7 indicates “strongly agree.”

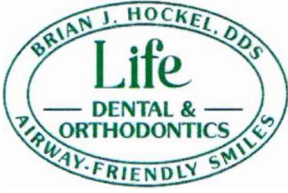
Read and check the box for a number.	Strongly Disagree	→	Strongly Agree
1. My motivation is lower when I am fatigued.	1	2	3 4 5 6 7
2. Exercise brings on my fatigue.	1	2	3 4 5 6 7
3. I am easily fatigued.	1	2	3 4 5 6 7
4. Fatigue interferes with my physical functioning.	1	2	3 4 5 6 7
5. Fatigue causes frequent problems for me.	1	2	3 4 5 6 7
6. My fatigue prevents sustained physical functioning.	1	2	3 4 5 6 7
7. Fatigue interferes with carrying out certain duties and responsibilities.	1	2	3 4 5 6 7
8. Fatigue is among my most disabling symptoms.	1	2	3 4 5 6 7
9. Fatigue interferes with my work, family, or social life.	1	2	3 4 5 6 7

## VISUAL ANALOGUE FATIGUE SCALE (VAFS)

Please mark an “X” on the number line which describes your **global fatigue** with 10 being worst and 0 being normal.

0	1	2	3	4	5	6	7	8	9	10

## Epworth Sleepiness Scale



Name: \_\_\_\_\_ Today's date: \_\_\_\_\_

Your age (yrs): \_\_\_\_\_ Sex (M or F): \_\_\_\_\_ Weight (lbs): \_\_\_\_\_ Height: \_\_\_\_\_ ft \_\_\_\_\_ in

This refers to your usual way of life in recent times. Even if you haven't done some of these things recently try to work out how they would have affected you.

**How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?**

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

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching television	
Sitting inactive in a public place ( <i>e.g. a theater or meeting</i> )	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in the traffic	
<b>TOTAL SCORE</b>	

**SCORE RESULTS:**

- 1-6**            Congratulations, you are getting enough sleep!
- 7-8**            Your score is average
- 9 and up**      Very sleepy and should seek medical advice