

SNORING SEVERITY SCALE

HOW OFTEN DO YOU SNORE?

3. EVERY NIGHT
2. MOST (>50%) OF NIGHTS
1. SOME (<50%) OF NIGHTS
0. VERY RARELY OR NOT AT ALL

HOW LONG DO YOU SNORE?

3. ALL NIGHT
2. MOST (>50%) OF THE NIGHT
1. SOME (<50%) OF THE NIGHT
0. HARDLY OR NOT AT ALL

HOW AUDIBLE IS YOUR SNORING (WITH THE DOOR SHUT)?

3. CAN BE HEARD DOWN THE HALL
2. CAN BE HEARD IN THE NEXT ROOM
1. CAN BE HEARD IN THE SAME ROOM
0. BARELY AUDIBLE