

Stanford

Chart your alertness to spot improvements

Credit: Stanford University School of Medicine

Much like the Epworth Sleepiness Scale, completing Stanford Sleepiness Scores regularly will allow you to monitor how CPAP is improving your daytime alertness. Completing the first column before starting your therapy will allow you to have a baseline from which to measure your progress. If it is during the day when you go about your business, ideally you would want a rating of one. Take into account that most people have two peak times of alertness, at about 9am and 9pm. Alertness reaches its lowest point around 3pm; after that it begins to build again. Rate your alertness at different times during the day. If you score higher than a three when you should be feeling alert, this is an indication that you have serious sleep debt and need more good sleep.

- 1: Feeling active, vital, alert, or wide awake.
- 2: Functioning at high levels, but not fully alert.
- 3: Awake, but relaxed; responsive but not fully alert.
- 4: Somewhat foggy, let down.
- 5: Foggy, losing interest in remaining awake; slowed down.
- 6: Sleepy, woozy, fighting sleep; prefer to lie down.
- 7: No longer fighting sleep, sleep onset soon; having dream-like thoughts.
- x: Asleep

Time	DD/MM	DD/MM	DD/MM	DD/MM	DD/MM	DD/MM	DD/MM
9:30am							
11:30am							
1:30pm							
3:30pm							
5:30pm							
7:30pm							
9:30pm							
Total							

As you progress with CPAP the numbers you fill in should see a downward trend, particularly in the 'Total' box that we have added to the regular chart to provide an additional quick point of reference.