

# pSSAS

## *pictorial Sleepiness and Sleep Apnoea Scale*

**Purpose** : Evaluation of EDS (excessive daytime sleepiness) and evaluation of the risk factors and adverse outcomes of OSAS (obstructive sleep apnea syndrome)

**Admin time** : 5-10 min.

**User Friendly** : High

**Administered by** : self or GP

**Content** : Contains eight items.

Items 1–4 are used to evaluate EDS and are taken from the pESS. The pictograms show a person in various situations, in particular sitting and reading, watching TV or listening to the radio, sitting quietly after a meal or as a passenger in a car or bus. For each situation, the patient can choose five different integers.

Items 5–8 are used to evaluate the risk factors and adverse outcomes of OSAS such as body size, neck size, blood pressure and witnessed pauses while breathing when asleep.

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<https://www.cgakit.com/pssas>

Patient name \_\_\_\_\_ Hospital Number \_\_\_\_\_ Date of Birth \_\_\_\_\_ Today's Date \_\_\_\_\_

### The pictorial Sleepiness and Sleep Apnoea Scale (pSSAS)

Tick  one box only in each different situation that best represents you.

How likely are you to doze off or fall asleep in the following situations?

1. Sitting and Reading



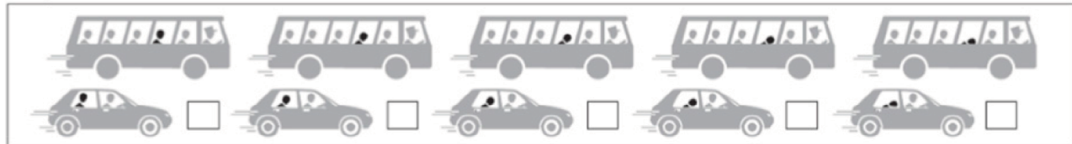
2. Watching TV or listening to the radio



3. Sitting quietly after a meal



4. As a passenger in a car or bus

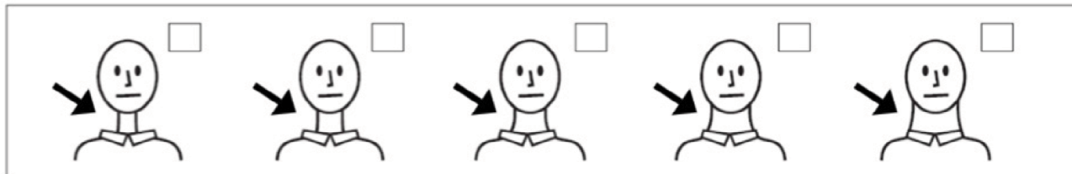


Now please tick  one box only in each series of pictures that best represents you.

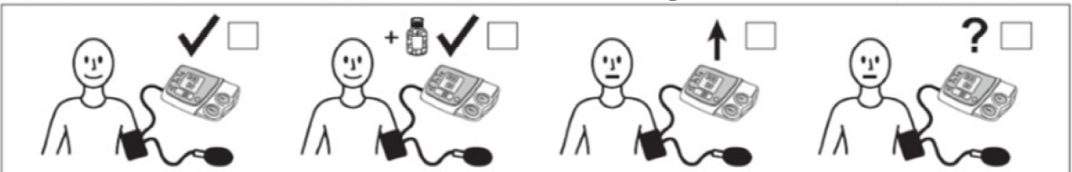
5. Body size



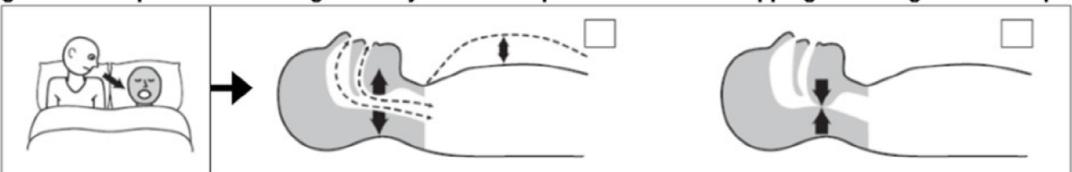
6. Neck size



7. Blood pressure:    normal                      normal with medicine                      high                      don't know



8. Breathing when asleep:                      breathing normally when asleep                      stopping breathing when asleep



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