

Chief Complaint

Sample is a 55 year old male. His reason for visit is "Snoring". Additional complaints reported are: "trouble sleeping".

History of Present Illness

Severity: He reported: Snoring awakens bed partner. Snoring disrupts other's sleeping. He denied: Snoring associated with interrupted sleep.

Context: He reported: Mouth breathing at night. Spouse or roommate report loud snoring. Spouse or roommate report nocturnal choking. Spouse or roommate report nocturnal gurgling.

Associated Signs and Symptoms: He reported: Snoring associated with paroxysmal nocturnal dyspnea and associated with daytime drowsiness. Morning headaches after insomnia.

Review of Systems

Constitutional

He denied: Weakness. Hot or cold spells.

Genitourinary

He denied: Enuresis. Sexual dysfunction.

Neurological

He reported: Paresthesia in distal extremities sometimes. Headache frequently and similar to previous headaches. Very likely chance of somnolence watching television, in a public place, riding in a car, and reclining. Moderate chance of somnolence reading. Slight chance of somnolence talking. Moderate chance of somnolence after lunch. Moderate chance of somnolence stopped in traffic. Paresthesias (tingling, burning, numbness). Monoparesthesia. Little finger or ring finger paresthesia.

He denied: Trouble balancing. Paresthesia of hands also around lips. Dizziness. Headaches daily. Lightheadedness. Resting tremor. Vision or hearing problems within 6 months. Dysmimesis, dysphonia, dysphagia. Change in handwriting. Anal sphincter control problems. Nocturnal myoclonus. Skin dysesthesia. Feels as if a tight band is around an arm or leg. Extremity anesthesia. Shocking dysesthesia on chin contact with chest. Hemihyesthesia. Worst headache ever. He reported: Satisfactory sleeping.

Psychiatric

He denied: Changes in mood, memory, or concentration.

Self-assessment Scales

Title: **Epworth Sleepiness Scale**

Description: To assist physicians in their recognition of daytime sleepiness.

Patient Score: **19 - Severe sleepiness**

Scoring Key and Interpretation:

- 0 - 7 : Normal sleep function
- 8 - 10 : Mild sleepiness
- 11 - 15 : Moderate sleepiness
- 16 - 20 : Severe sleepiness
- 21 - 24 : Excessive sleepiness

Reference: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. *Sleep* 1991; 14(6):540-5.