

Are you
getting
the sleep
you deserve?



To investigate your tiredness, we will go through a two-phase screening process. The first phase will assess the extent of your daytime sleepiness, and the second will screen your risk for a particular sleep condition called sleep apnoea. Using these two assessments, your Amcal pharmacist will make a recommendation on how best to combat your tiredness.

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to recall how they have affected you previously.

Use the following scale to choose the most appropriate number for each situation:

- 0 = No chance of dozing
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

- 1) Sitting and reading
- 2) Watching TV
- 3) Sitting inactive in a public place (e.g. theatre or meeting)
- 4) As a passenger in a car for an hour without a break
- 5) Lying down to rest in the afternoon when circumstances permit
- 6) Sitting and talking to someone
- 7) Sitting quietly after a lunch without alcohol
- 8) In a car, while stopped for a few minutes in traffic

Your total sleep score

Total <10 - You are most likely getting enough sleep.

Total 10-16 - You may be suffering from excessive daytime sleepiness. Talk to your pharmacist to investigate the cause of your sleepiness and possible treatment.

Total 16+ - You are dangerously sleepy. It is imperative you talk to your pharmacist to investigate the cause of your sleepiness and possible treatment.

The STOP-BANG sleep apnoea questionnaire

The STOP-BANG questionnaire is designed to screen for obstructive sleep apnoea (OSA). This tool will assess if you are in a low, moderate or high risk group for sleep apnoea. This test is not a diagnosis, however patients with moderate to high risk should complete a home sleep assessment.

STOP

Do you **SNORE** loudly (louder than talking or loud enough to be heard through closed doors)? Yes No

Do you often feel **TIRED**, fatigued, or sleepy during daytime? Yes No

Has anyone **OBSERVED** you stop breathing during your sleep? Yes No

Do you have or are you being treated for high blood **PRESSURE**? Yes No

BANG

BMI more than 35kg/m²? Yes No

AGE over 50 years old? Yes No

NECK circumference > 16 inches (40cm) Yes No

GENDER Male? Yes No

Total number of YES

- Answered 'Yes' to 5 or more questions: High risk of OSA
- Answered 'Yes' to 3 or 4 questions: Moderate risk of OSA
- Answered 'Yes' to 0 - 2 questions: Low risk of OSA

Further assessment

If you are at moderate or high risk of OSA, your Amcal pharmacist can advise you on the next steps, which may include an overnight sleep study or a referral to your GP.

Sleep hygiene

Reducing tiredness can be achieved through improving sleep hygiene. Your Amcal pharmacist can recommend a number of methods for reducing tiredness.

To improve sleep hygiene, your pharmacist recommends:

- Getting up at the same time every day.
- Not ignoring tiredness.
- Not going to bed if you don't feel tired.
- Getting more early morning sunshine.
- Making sure the bedroom is at the right temperature.
- Ensuring the bedroom is dark enough.
- Avoiding stimulants such as caffeine and nicotine.
- Exercising every day, but at least 2 hours before bedtime.
- Avoiding mentally stimulating activities close to bedtime.
- Avoiding afternoon naps.
- Removing screens and other sources of light from the bedroom.
- Other:

Other:

Other:

Getting more help

If you find that you are still feeling tired despite adjusting sleep hygiene, or if the pharmacist identifies another sleep-related problem, they may refer you to your doctor to receive further advice.

Obstructive sleep apnoea

- + Always feeling tired?
- + Struggling to get enough sleep each night?
- + Finding yourself frequently waking up to go to the bathroom?
- + Having to nap regularly just to get through the day?
- + Want help getting restful sleep?

At Amcal, we're here to provide advice and assistance in addressing two common causes of poor sleep; obstructive sleep apnoea and poor sleep hygiene.

Obstructive sleep apnoea is a condition where your breathing either stops or is restricted while you sleep, causing restless sleep.

Sleep hygiene refers to habits and environmental factors that help you to have a good night's sleep.

Depending on your results, your Amcal pharmacist may provide you with advice on managing your sleep, or recommend further testing either at the pharmacy or through your doctor.

For advice and guidance on getting the best night's sleep, just ask Amcal.

Just ask Amcal

Ask your pharmacist about improving your overall health and wellbeing today with the help of these additional services:

- + Quit Smoking
- + Digestive Health
- + Respiratory
- + Medication Management
- + Pain Management
- + Diabetes
- + Allergy
- + Weight Management

[Book an appointment today](#) >

The Amcal difference

Australia's largest pharmacy sleep network and home to expert health advice and service.



Our pharmacists are always here to provide you with professional advice and support.

Visit your local Amcal pharmacist today.

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