

Sleep Evaluation

Complete the following Epworth Sleepiness Scale. How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Please use the scale provided to rate 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 television? _____
3. Sitting inactive in a public place (i.e. theater or meeting)? _____
4. As a passenger in a car for an hour without a break? _____
5. Lying down in the afternoon when circumstances permit? _____
6. Sitting and talking to someone? _____
7. Sitting quietly after lunch without alcohol? _____
8. In a car while stopped for a few minutes in traffic? _____

Scoring: 1 – 6 points: Congratulations, you are getting enough sleep!
7 – 8 points: Your score is average.
9 and above: Seek the advice of a sleep specialist.

Take Charge of Your Health

Become an active partner in your health care. Be sure to consult your physician if any of the following body changes occur:

- Skin sores that do not heal or moles that are enlarging or changing color
- Breast lumps that are enlarging, painful, distort skin contour and do not fluctuate with menstrual cycles
- Lymph nodes or unexplained lumps in the groin, under arms or in the neck that are persistent or enlarging
- Redness or dark coloration of the urine
- Unexplained fever
- Unexplained weight loss or loss of appetite for any length of time
- Persistent, unexplained pain
- Abnormal vaginal bleeding or any vaginal bleeding after menopause
- Increased irritability, anxiety or sleeplessness
- Change in bowel habits

Sources: National Women's Health Information Center, Grant/Riverside Methodist Hospitals

Health Guidelines for Adult Women Up to Age 50



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This is the Personal Health Record of: _____ DOB: ____/____/____

Blood Type: _____ Allergies: _____

Primary Care Physician: _____ Phone: _____

	<i>Examination/Test</i>	<i>What is it? Why have it?</i>	<i>Recommended Frequency</i>	<i>Date of last Test/Exam</i>
Heart Health	Height and Weight	These can easily be measured using a standard scale, and are important indicators of overall health	Yearly	
	Blood Pressure	A simple, painless test that is a key indicator of cardiovascular health	Yearly	
	Blood Sugar (Glucose)	A simple blood test that determines your blood glucose level, which may indicate if you are at risk for diabetes	Starting at age 45, then every 3 years	
	Cholesterol	A blood test that checks levels of cholesterol in your blood; levels that are too high may lead to hardening of the arteries	Starting at age 20, then every 5 years	
	Electrocardiogram	A painless test, which shows injury to the heart as well as decreased oxygen to the heart and abnormal heartbeat.	Baseline at age 40 and then every 5 years	
Gynecological Health	Breast Self-Exam	A visual and physical examination of your breasts to detect any changes in appearance or feel from month to month	Monthly	
	Clinical Breast Exam	A visual and physical examination of your breasts by your physician to detect any changes that may signal cancer	Yearly	
	Mammogram	A special x-ray that compresses the breast to provide a detailed picture of the breast tissue to help detect breast cancer. Does not require physician's order	Yearly starting at age 40	
	Pelvic Exam & Pap Test	An examination of the reproductive organs, which includes a sample of cells taken from the cervix to check for signs of cancer	Every 1-3 years after 3 consecutive normal tests	
General Health Maintenance	Bone Mineral Density Test	A painless screening of the thickness of your bones to detect early signs of bone thinning that may lead to fractures. Does not require a physician's order	Check with your physician	
	Dental Exam and Cleaning	Regular examination and cleaning of teeth, gums and mouth	One to two times every year	
	Eye Exam	Regular examination of the eyes for abnormalities or vision changes	Check with your physician	
	Skin Exam	Examination of the skin and moles for changes that could signal cancer	Monthly by self; check with your physician	
	Influenza Vaccine	A shot to protect you from the influenza virus	Check with your physician	
	Tetanus-Diphtheria Booster	A shot to protect you from tetanus and diphtheria	Every 10 years	
	Mental Health Screening	Discuss with your physician	Check with your physician	

These are suggested guidelines for normal, healthy adult women up to the age of 50. Your primary care physician may modify this schedule or suggest a complete physical exam according to your individual needs. If you detect any changes in your body, or unusual signs or symptoms, consult your physician immediately. For more information, please call McCullough-Hyde Memorial Hospital's Women's Health Center at (513) 524-5420.