### Additional Information

**Z-8**

<table>
<thead>
<tr>
<th>Situation</th>
<th>Situation Responses</th>
<th>Situation Response Score</th>
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</thead>
</table>
| Sitting and Reading                                 | 0 = would never doze  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing                                   |                          |
| Watching Television                                 | 0 = would never doze  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing                                   |                          |
| Sitting inactive in a public place, for example, a theater or a meeting | 0 = would never doze  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing                                   |                          |
| As a passenger in a car for an hour without a break  | 0 = would never doze  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing                                   |                          |
| Lying down to rest in the afternoon                 | 0 = would never doze  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing                                   |                          |
| Sitting and talking to someone                      | 0 = would never doze  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing                                   |                          |
| Sitting quietly after lunch when you’ve had no alcohol | 0 = would never doze  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing                                   |                          |
| In a car while stopped in traffic                  | 0 = would never doze  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing                                   |                          |

A score of 10 or greater indicates a possible sleep disorder.