



## THORNTON SNORING SCALE

If you snore, it doesn't only affect you, depriving you of comfortable rest. It also affects others. The Thornton Snoring Scale can help you determine how your snoring may be influencing the people around you. Choose the most appropriate number for each situation. (Go to question #4, if you have no bed partner.)

*0 Never*

*1 Infrequently (1 night per week)*

*2 Frequently (2-3 nights per week)*

*3 Most of the time (4 or more nights per week)*

- 1. My snoring affects my relationship with my partner: \_\_\_\_\_
- 2. My snoring causes my partner to be irritable or tired: \_\_\_\_\_
- 3. My snoring requires us to sleep in separate rooms: \_\_\_\_\_
- 4. My snoring is loud: \_\_\_\_\_
- 5. My snoring affects people when I am sleeping away from home: \_\_\_\_\_

**Your score:** \_\_\_\_\_

Thornton scoring analysis:

If score is 5 or higher, patient should seek medical advice.