

Watermark Medical ARES Questionnaire
PRINT IN CAPITAL LETTERS – STAY WITHIN THE BOX

First Name		Middle Initial		Last Name		Tally ARES Risk Points	
Weight	Pounds	Age	Years	Gender Male ☐ Female ☐			Neck Size +2 Male ≥16.5 +2 Female ≥15.0
Height	Feet	Inches	Neck Size		Inches		
Date of Birth		Month	Day	Year	ID Number	Optional	Score

COMPLETELY FILL IN ONE CIRCLE FOR EACH QUESTION – ANSWER ALL QUESTIONS

Have you been diagnosed or treated for any of the following conditions?						Co-morbidities +1 for each Yes response						
High blood pressure	Yes ☐	No ☐	Stroke	Yes ☐	No ☐		Score					
Heart disease	Yes ☐	No ☐	Depression	Yes ☐	No ☐							
Diabetes	Yes ☐	No ☐	Sleep apnea	Yes ☐	No ☐							
Lung disease	Yes ☐	No ☐	Nasal oxygen use	Yes ☐	No ☐	Do not assign any points for these eight responses						
Insomnia	Yes ☐	No ☐	Restless leg syndrome	Yes ☐	No ☐							
Narcolepsy	Yes ☐	No ☐	Morning Headaches	Yes ☐	No ☐							
Sleeping Medication	Yes ☐	No ☐	Pain Medication e.g., vicodin, oxycontin	Yes ☐	No ☐							
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 work out how they would have affected you. Use the following scale to mark the most appropriate box for each situation. (M.W. Johns, Sleep 1991)						Epworth Score TOTAL the values from all 8 questions. If 11 or less Score = 0 If 12 or more Score = 2						
0 = would never doze		1 = slight chance of dozing		0 1 2 3								
2 = moderate chance of dozing		3 = high chance of dozing										
Sitting and reading				☐	☐	☐	Score					
Watching TV				☐	☐	☐						
Sitting, inactive, in a public place (theater, meeting, etc)				☐	☐	☐						
As a passenger in a car for an hour without a break				☐	☐	☐						
Lying down to rest in the afternoon when circumstances permit				☐	☐	☐						
Sitting and talking to someone				☐	☐	☐						
Sitting quietly after lunch without alcohol				☐	☐	☐						
In a car, while stopped for a few minutes in traffic				☐	☐	☐						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; text-align: center;">Frequency</td> <td style="width: 15%; text-align: center;">0 - 1 times/week</td> <td style="width: 15%; text-align: center;">1 - 2 times/week</td> <td style="width: 15%; text-align: center;">3 - 4 times/week</td> <td style="width: 15%; text-align: center;">5 - 7 times/week</td> </tr> </table>							Frequency	0 - 1 times/week	1 - 2 times/week	3 - 4 times/week	5 - 7 times/week	Assign points for each of the first three responses
Frequency	0 - 1 times/week	1 - 2 times/week	3 - 4 times/week	5 - 7 times/week								
On average in the past month, how often have you snored or been told that you snored?												
Never ☐	Rarely ☐ +1	Sometimes ☐ +2	Frequently ☐ +3	Almost always ☐ +4								
Do you wake up choking or gasping?												
Never ☐	Rarely ☐ +1	Sometimes ☐ +2	Frequently ☐ +3	Almost always ☐ +4								
Have you been told that you stop breathing in your sleep or wake up choking or gasping?					 							
Never ☐	Rarely ☐ +1	Sometimes ☐ +2	Frequently ☐ +3	Almost always ☐ +4								
Do you have problems keeping your legs still at night or need to move them to feel comfortable?					 							
Never ☐	Rarely ☐	Sometimes ☐	Frequently ☐	Almost always ☐								
Signature		Area Code		Phone Number		Total all 6 boxes from above If point total = 4 or 5 (low risk), 6 to 10 (high) and 11 or more (very high risk)	Point Total 					