

Newburyport Medical Center
 1 Wallace Bashaw Jr. Way, Suite 3002
 Newburyport, MA 01950
 P: 978.997.1550
 F: 978.688.8292

200 Sutton Street, Suite 100
 North Andover, MA 01845
 P: 978.685.2900

Merrimack Medical Center
 62 Brown Street, Suite 301
 Haverhill, MA 01830
 P: 978.521.0300

Daryl Colden, MD, FACS
Board Certified

Otolaryngology – Head & Neck Surgery
 Facial Plastic & Reconstructive Surgery
Fellowship Trained
 Advanced Nasal & Facial Plastic Surgery
Fellow
 American Academy of Otolaryngic Allergy
Clinical Instructor in Otolaryngology
 Harvard Medical School

Assistant Surgeon in Otolaryngology
 Massachusetts Eye & Ear Infirmary
Assistant Clinical Professor
 Otolaryngology Head & Neck Surgery
 Tufts Medical School

Peter Seymour, MD
Board Certified

Otolaryngology – Head & Neck Surgery
Fellowship Trained
 Otologic Medicine & Surgery
 (Ear & Balance Disorders)
Associate
 American Academy of Otolaryngic Allergy
Assistant Surgeon in Otolaryngology
 Massachusetts Eye & Ear Infirmary
Assistant Clinical Professor
 Otolaryngology – Head & Neck Surgery
 Tufts Medical School

Elizabeth Mahoney Davis, MD, FACS

Board Certified
 Otolaryngology – Head & Neck Surgery
Fellow
 American Academy of Otolaryngic Allergy
Assistant Professor
 Otolaryngology – Head & Neck Surgery
 Boston University School of Medicine

Renee Llorente, MA CCC-A
Sarah Wellwood, AuD CCC-A
 Pediatric & Adult Audiology
 Hearing Aid Evaluation
 Aural Rehabilitation

Donna Cardarelli
 Office Manager

Hospital Affiliations
 Anna Jaques Hospital
 Merrimack Valley Hospital
 Holy Family Hospital

Surgical Center Affiliations
 Andover Surgical Center
 Stratham Surgical Center

Academic Affiliations
 Massachusetts Eye & Ear Infirmary
 Tufts Medical Center
 Boston University School of Medicine

EAR NOSE THROAT & ALLERGY
 Adult & Pediatric Care / Hearing & Balance Center
 Sinus & Sleep Specialists / Facial Plastic Surgery

Name _____ DOB _____

Today's Date _____

EPWORTH SLEEPINESS SCALE

The following questionnaire will help you measure your general level of daytime sleepiness. You are to rate the chance that you would doze off or fall asleep during different, routine, daytime situations. Answers to the questions are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item is rated from 0 to 3, with 0 meaning you would never doze or fall asleep in a given situation, and 3 meaning that there is a very high chance that you would doze or fall asleep in that situation.

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

- 0 = Would Never Dose 2 = Moderate Chance of Dozing
 1 = Slight Chance of Dozing 3 = High Chance of Dozing

It is important that you put a number (0 to 3) in each of the 8 boxes.

Situation	Chance of Dozing (0 – 3)
Sitting and Reading	
Watching Television	
Sitting Inactive in a public place, for example, a theater or meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting and Talking to someone	
Sitting quietly after lunch (when you've had no alcohol)	
In a car, while stopped in traffic	

TOTAL= _____