



Snoring Quiz

Snoring has an effect on both one who snores and one who has to live with the snorer. How significant is your snoring? Take this quiz to find out.

Choose the number from the scale below that best describes your snoring.

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)

the snoring is loud _____

snoring affects my relationship with my partner _____

snoring causes my partner to be irritable or tired _____

snoring requires us to sleep in separate rooms _____

snoring affects other people when camping or at a hotel, etc _____

total _____

If your total score is 5 or greater, you may have a problem.