

# Recognizing and Managing Shift Work Disorder, an Underdiagnosed Condition: *Improving Quality of Life*

## Mallampati Scale and Risks for Obstructive Sleep Apnea



**Class 1**  
Entire tonsil  
clearly visible



**Class 2**  
Upper half of tonsil  
fossa visible



**Class 3**  
Soft and hard palates  
clearly visible



**Class 4**  
Only hard  
palate visible

Higher score is associated with obstructive sleep apnea,<sup>1</sup>  
which is highly prevalent in shift-working populations<sup>2,3</sup>

### Risks:<sup>2,3</sup>

- Snoring
- Neck circumference (>16 in for women; >17 in for men)
- Body mass index
- Higher Mallampati Scale score

### References

1. Nuckton TJ, et al. *Sleep*. 2006;29:903-908.
2. Paim SL, Pires ML, Bittencourt LR, et al. *Chronobiol Int*. 2008;25:321-331.
3. Klawe JJ, Laudenska A, Miskowiec I, Tafil-Klawe M. *J Physiol Pharmacol*. 2005;56(suppl 4):115-117.