

# How Disruptive Is Your Cough Today?

This questionnaire is designed to assess the impact of cough on various aspects of your life. Answer each question by CIRCLING the response that best applies to you.

0 Never      1 Rarely      2 Sometimes      3 Often      4 Always

> My cough disrupts my daily activities	0	1	2	3	4
> My cough disrupts my sleep	0	1	2	3	4
> My cough interferes with the overall enjoyment of my life	0	1	2	3	4
> I feel an urge to cough in my throat or chest that precedes my cough	0	1	2	3	4
> My cough is severe	0	1	2	3	4
> My cough is not controlled by home remedies or other cough-cold treatments	0	1	2	3	4
> Other cold or allergy-like symptoms, such as sore throat, runny/stuffy/itchy nose, sneezing, itchy/watery eyes, etc., make my cough worse	0	1	2	3	4

Total your score: \_\_\_\_\_

**The higher your score,  
the more disruptive your cough.**

**Ask your physician about  
12-hour prescription cough syrup.**