



Nasal Obstruction Symptom Evaluation (NOSE) Scale

Over the past one month, how much of a problem were the following conditions for you?

	Not a Problem	Very Mild Problem	Moderate Problem	Fairly Bad Problem	Severe Problem
Nasal congestion or stuffiness	0	1	2	3	4
Nasal blockage or obstruction	0	1	2	3	4
Trouble breathing through my nose	0	1	2	3	4
Trouble sleeping	0	1	2	3	4
Unable to get enough air through my nose during exercise or exertion	0	1	2	3	4

Total Score (Add 5 questions above):

NOSE Score (multiply your total score x5):

Nasal obstruction severity classification:	mild (5-25)	moderate (30-50)	severe (55-75)	extreme (80-100)
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