

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine a person's level of daytime sleepiness. In order to better understand your sleep habits, please fill out the following form.

How likely are you to doze off or fall asleep in the following situations? Your answers should reflect your usual way of life. Use the following scale to choose the most appropriate number for each situation.

- 0 - No chance of dozing
- 1 - Slight chance of dozing
- 2 - Moderate chance of dozing
- 3 - High chance of dozing

0	1	2	3	Sitting and Reading
0	1	2	3	Watching TV
0	1	2	3	Sitting inactive in a public place (e.g. theater or meeting)
0	1	2	3	As a passenger in a car for an hour without a break
0	1	2	3	Lying down to rest in the afternoon
0	1	2	3	Sitting and talking to someone
0	1	2	3	Sitting quietly after lunch without alcohol
0	1	2	3	In a car, while stopped for a few minutes

Total _____

An Epworth Sleepiness score more than 8 may be abnormal and medical advice should be sought.