

EPWORTH SLEEPINESS SCALE

Name: _____

Date: _____

How likely are you to doze off or fall asleep in the following situations in contrast to just feeling tired?

Use the following Scale to choose the most appropriate number for each situation:

- 0- Would never doze
- 1- Slight chance of dozing
- 2- Moderate chance of dozing
- 3- High chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and Reading	_____
Watching Television	_____
Sitting inactive in a public place Such as a theater or meeting.	_____
As a passenger in a car for an hr Without a break.	_____
Laying down to rest in the afternoon When circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes In traffic.	_____
Add ALL Responses	Total _____

SCORES

- 1-6 Getting enough sleep
- 7-8 Score is average
- 9 and up Excessively Sleepy- Seek the advice of a sleep specialist without delay