

## Epworth Sleepiness Scale

The following questionnaire will help you measure your general level of daytime sleepiness. It asks you to rate the chance you would doze off or fall asleep during different, routine, daytime situations. Each item is rated from 0 to 3, with 0 meaning you would never doze or fall asleep in a given situation, and 3 meaning that there is a very high likelihood that you would doze or fall asleep in that situation.

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? Even if you haven't done some of these things recently, think about how they would have affected you.

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

\_\_\_\_\_ Sitting and reading

\_\_\_\_\_ Watching television

\_\_\_\_\_ Sitting inactive in a public place (a theater or meeting)

\_\_\_\_\_ As a passenger in a car for an hour without a break

\_\_\_\_\_ Lying 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

## Epworth Scoring

1 - 6 very good

7 - 8 average

9+ excessive sleepiness