

Epworth Sleepiness Scale

Name: _____ Date: _____

Age: _____ Sex: M F

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

This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently, try to work out 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

Situation

Chance of dozing

Sitting and reading

Watching TV.....

Sitting, inactive in a public place (e.g. a theater or a 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

Total

Score:	
0-10	Normal range
10-12	Borderline
12-24	Abnormal