

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations?

0=would never doze

1=slight chance of dozing

2=moderate chance of dozing

3=high chance of dozing

Situation	Score (0-3)
Sitting and reading	
Sitting inactive in a public place	
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 lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

0 - 8 = Normal Alertness

9 - 12 = Mild Sleepiness

13 - 16 = Moderate Sleepiness

17 - 24 = Severe Sleepiness

> 10 requires review of sleep pattern and possible sleep disorders

References:

1. Krieger, J. (2000). "Clinical approach to excessive daytime sleepiness (In Process Citation)."
2. Johns, M. W. (1991). "A new method for measuring daytime sleepiness: the Epworth sleepiness scale." *Sleep* 14 (6): 540-5