

THE EPWORTH SLEEPINESS SCALE FOR CHILDREN AND ADOLESCENTS

Screening for sleep problems in pediatric patients is important, particularly in children with neurodevelopmental disorders. The Epworth Sleepiness Scale for Children and Adolescents (ESS-CHAD) is a validated screening tool for use in pediatric patients **12 to 18 years of age**.

Name: _____

Age (years): _____

Sex (Please circle): M F

Date: _____

Ask your patient how likely he or she has been able to fall asleep over the past month while doing the things that are described below (activities). Ensure each question is answered by the patient or his or her caregiver. If the patient has not done any of the activities over the past month, ask the patient to imagine how the situation would affect him or her.

- 0 = Would *never* Fall Asleep
- 1 = *Slight* chance of Falling Asleep
- 2 = *Moderate* chance of Falling Asleep
- 3 = *High* chance of Falling Asleep

| Situation | Chance of Dozing |
|--|------------------|
| Sitting and reading | _____ |
| Sitting and Watching TV or a video | _____ |
| Sitting, in a classroom at school during the morning | _____ |
| Sitting and riding in a car or bus for about half hour | _____ |
| Lying down for rest or nap in the afternoon | _____ |
| Sitting and talking to someone | _____ |
| Sitting quietly by yourself after lunch | _____ |
| Sitting and eating a meal | _____ |

Interpreting EES-CHAD Scores

- 0-9** Normal levels of sleepiness
- 10 to 16** Excessive daytime sleepiness
- 17 to 24** High level of sleepiness suggestive of significant sleep disorder