



Epworth Sleepiness Scale

365 Warner Milne Rd. Suite 209 | Oregon City, OR 97045

Phone: (503) 495-6200 | Fax: (503) 495-6208

The Epworth Sleepiness Scale (ESS) is a brief questionnaire designed to measure your general level of daytime sleepiness. Please rate your usual chance of dozing off or falling asleep in each situation listed below, using the following scale:

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

This form is for screening purposes only and does not replace medical evaluation. Results will be reviewed by a licensed sleep professional.

Situation	0	1	2	3
Sitting and reading				
Watching TV				
Sitting inactive in a public place (e.g., a theater or meeting)				
As a passenger in a car for an hour without a break				
Sitting and talking to someone				
Sitting quietly after lunch without alcohol				
In a car, while stopped for a few minutes in traffic				

Total Score: _____ (Add up the numbers from each column)

Patient Name: _____

Date: _____