



Epworth Sleepiness Scale

Instructions: Using the following scale, PLEASE choose the most appropriate number for each situation.

It is important that you answer each question as best you can.

Situation	0 Would never nod off	1 Slight chance of nodding off	2 Moderate chance of nodding off	3 High chance of nodding off
Sitting and reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting, inactive, in a public place (e.g., in a meeting, theater, or dinner event)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
As a passenger in a car for an hour or more without stopping for a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lying down to rest when circumstances permit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting and talking to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting quietly after a meal without alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a car, while stopped for a few minutes in traffic or at a light	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>