

**THE EPWORTH SLEEPINESS SCALE**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

How likely are you to doze off or fall asleep in the following situations in contrasts to just feeling tired? This refers to your usual way of life in recent times. Use the following scale to choose the most appropriate number in each situation.

- 0 = WOULD NEVER DOZE
- 1 = SLIGHT CHANCE OF DOZING
- 2 = MODERATE CHANCE OF DOZING
- 3 = HIGH CHANCE OF DOZING

**SITUATIONS**

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting inactive in a public place (ex: theatre/meeting) \_\_\_\_\_

As a passenger in a car for hours without break \_\_\_\_\_

Lying down to rest in the afternoon when circumstances permit \_\_\_\_\_

Sitting and talking \_\_\_\_\_

Sitting quietly after a lunch without alcohol \_\_\_\_\_

In a car, while stopped for a few minutes in traffic \_\_\_\_\_

**TOTAL:** \_\_\_\_\_