



EPWORTH SLEEPINESS SCALE:

Please circle the answer that most accurately describes the chances of you dozing off or falling asleep in the following situations.

CHANCE OF DOZING OFF:

<u>Never</u>	<u>Slight</u>	<u>Medium</u>	<u>High</u>	
0	1	2	3	Sitting and reading
0	1	2	3	Watching TV
0	1	2	3	Sitting, inactive in a public place (such as, a theater or meeting)
0	1	2	3	As a passenger in a car for an hour without a break
0	1	2	3	Lying down to rest in the afternoon when circumstances permit
0	1	2	3	Sitting and talking to someone
0	1	2	3	Sitting quietly after lunch without having consumed alcohol
0	1	2	3	In a car, while stopped for a few minutes in traffic

Total score: _____