



Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to assess a person's daytime sleepiness.

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times.

Even if you have not done some of these things recently, try to work out how they would have affected you.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would **never** doze or sleep.
- 1 = **slight** chance of dozing or sleeping
- 2 = **moderate** chance of dozing or sleeping
- 3 = **high** chance of dozing or sleeping

Situation

Chance of Dozing

Sitting and Reading?

Watching TV?

Sitting inactive in a public place (ex: meeting, theater)?

Being a passenger in a motor vehicle for an hour or more?

Lying down to rest in the afternoon if circumstances permit?

Sitting and talking to someone?

Sitting quietly after lunch without alcohol?

In a car, while stopped for a few minutes in traffic?

TOTAL: