



THE EPWORTH SLEEPINESS SCALE

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 circle the most appropriate number for each situation.**

<u>Scale</u>	<u>Chance of Dozing</u>	<u>Circumstance</u>
0 = Would never doze	0 1 2 3	Sitting and reading
1= Slight chance of dozing	0 1 2 3	Watching television
2 = Moderate chance of dozing	0 1 2 3	Sitting. Inactive in a public place (i.e.: a theater or a meeting)
3 = High chance of dozing	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 a lunch without alcohol
Total Score: _____	0 1 2 3	In a car, while stopped for a few minutes in traffic

ANALYZE YOUR SCORE

Interpretation:

0-7: It is unlikely that you are abnormally sleepy.

8-9: You have an average amount of daytime sleepiness.

10-15: You may be excessively sleepy depending on the situation. You may want to consider seeking medical attention.

16-24: You are excessively sleepy and should consider seeking medical attention.

SIGN: _____ Date: _____