

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations in contrast to feeling just 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
- 1 = **slight** chance of dozing
- 2 = **moderate** chance of dozing
- 3 = **high** chance of dozing

Situation

Chance of Dozing

- 1. Sitting and reading _____
- 2. Watching television _____
- 3. Sitting inactive in a public place (theater, meeting, etc.) _____
- 4. As a passenger in a car for an hour without a break _____
- 5. Lying down to rest in the afternoon (when circumstances permit) _____
- 6. Sitting and talking to someone _____
- 7. Sitting quietly after lunch without alcohol _____
- 8. In a car, while stopped for a few minutes in traffic _____

TOTAL SCORE: _____