

# EPWORTH SLEEPINESS SCALE

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Please read the list of situations and check which is how likely you would be to doze off or fall asleep, but not just feel tired.

This refers to the past three weeks. Even if you have not done, or been in some of these situations, please try to guess how they would have affected you. Use the scale beside each situation to choose the most appropriate answers for you.

## SITUATION

Sitting and reading

## CHANCE OF DOZING

- \_\_\_\_\_ 0 Would never doze
- \_\_\_\_\_ 1 Slight chance of dozing
- \_\_\_\_\_ 2 Moderate chance of dozing
- \_\_\_\_\_ 3 High chance of dozing

Watching television

- \_\_\_\_\_ 0 Would never doze
- \_\_\_\_\_ 1 Slight chance of dozing
- \_\_\_\_\_ 2 Moderate chance of dozing
- \_\_\_\_\_ 3 High chance of dozing

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

- \_\_\_\_\_ 0 Would never doze
- \_\_\_\_\_ 1 Slight chance of dozing
- \_\_\_\_\_ 2 Moderate chance of dozing
- \_\_\_\_\_ 3 High chance of dozing

As a passenger in a car for an hour  
without a break

- \_\_\_\_\_ 0 Would never doze
- \_\_\_\_\_ 1 Slight chance of dozing
- \_\_\_\_\_ 2 Moderate chance of dozing
- \_\_\_\_\_ 3 High chance of dozing

Lying down to rest in the afternoon

- \_\_\_\_\_ 0 Would never doze
- \_\_\_\_\_ 1 Slight chance of dozing
- \_\_\_\_\_ 2 Moderate chance of dozing
- \_\_\_\_\_ 3 High chance of dozing

Sitting and talking to someone

- \_\_\_\_\_ 0 Would never doze
- \_\_\_\_\_ 1 Slight chance of dozing
- \_\_\_\_\_ 2 Moderate chance of dozing
- \_\_\_\_\_ 3 High chance of dozing

Sitting quietly after lunch without alcohol

- \_\_\_\_\_ 0 Would never doze
- \_\_\_\_\_ 1 Slight chance of dozing
- \_\_\_\_\_ 2 Moderate chance of dozing
- \_\_\_\_\_ 3 High chance of dozing

In a car, while stopped a few minutes in traffic

- \_\_\_\_\_ 0 Would never doze
- \_\_\_\_\_ 1 Slight chance of dozing
- \_\_\_\_\_ 2 Moderate chance of dozing
- \_\_\_\_\_ 3 High chance of dozing

TOTAL SCORE \_\_\_\_\_