

Epworth Sleepiness Scale

Epworth Sleepiness Scale Question: In the past month or so, how likely are you to doze off or fall asleep in the following situations?

0 = never doze	1 = slight chance of dozing
2 = moderate chance of dozing	3 = high chance of dozing

1.	Sitting and reading	
2.	Watching TV	
3.	Sitting inactive in a public place (i.e. a theatre or meeting)	
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 a lunch without alcohol	
8.	In a car stopped for a few minutes in traffic	
	Total:	/ 24

Evaluating your sleepiness score: Total the numbers from your responses and compare to the values below.

Sleepiness Score

0-6 = Normal range 11-16 = Moderate sleepiness

7-10 = Mild sleepiness 17+ = Severe sleepiness

This sleepiness scale is intended to help you evaluate the extent of your sleepiness. Use it as a tool to help your physician diagnose and treat your symptoms. This test is not intended to substitute for a medical assessment by your physician. Print this form and take it with you when you visit your physician.