

THE EPWORTH SLEEPINESS SCALE

PATIENT: _____ Age: _____ Sex: M F

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? These questions refer to your usual way of life in recent times. Even if you have not done some of these activities recently, try to determine how they would affect you. Use the following scale to choose the most appropriate answer 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
Sitting and reading	0 1 2 3
Watching TV	0 1 2 3
Sitting inactive in a public place (e.g., a theater or a meeting)	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	0 1 2 3
In a car, while stopped for a few minutes in traffic	0 1 2 3

Total Score:

Results:

- 1-6: Getting enough sleep
- 4-8: Tends to be sleepy, but is average
- 9-15: Very sleepy and should seek medical advice
- 16-24: Dangerously sleepy



ACCREDITED
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