

# THE EPWORTH SLEEPINESS SCALE

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

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. Please mark the appropriate box below.

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

## Situations

## Chance of dozing

	0	1	2	3
In a car, while stopped for a few minutes in traffic				
Sitting and reading				
Watching TV				
Sitting inactive in a public place (e.g. theater or a meeting)				
As a passenger in a car for an hour without a break				
Lying down to rest in the afternoon when circumstances permit				
Sitting and talking to someone				
Sitting quietly after a lunch without alcohol				

EPWORTH SCORE: (Total of all answers combined): \_\_\_\_\_

\* A score of 10 or higher is an indication of excessive sleepiness and indicates that you may benefit from further evaluation.