



EPWORTH SLEEPINESS SCALE

During a normal day how likely would you be to fall asleep or doze? (Not just tired) Use the scale to choose the number that fits each case.

0 = Would never doze 2 = Moderate chance of dozing
1 = Slight 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 not active in a public place like 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	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car, while stopping for a few minutes in traffic	0	1	2	3

Total score from above: _____

* If your total score is above 10, ask your physician about possible sleep related problems.