

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling 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:

- 0 = Would **Never** doze
- 1 = **Slight** chance of dozing
- 2 = **Moderate** chance of dozing
- 3 = **High** chance of dozing

Situation

- _____ Sitting and reading.
- _____ Watching television.
- _____ Sitting inactive in a public place (e.g., theatre, waiting room).
- _____ 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 lunch without alcohol.
- _____ In a car, while stopped for a few minutes in traffic.

If your score is 10 or greater you may want to contact your healthcare provider and discuss having a sleep study.