

The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep (in contrast to feeling just tired) in the following situations? 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 you would be affected. Use the scale to choose the most appropriate number for each situation, then total your points to find out how sleepy you are.

- 0** = NO CHANCE OF DOZING
- 1** = SLIGHT CHANCE OF DOZING
- 2** = MODERATE CHANCE OF DOZING
- 3** = HIGH CHANCE OF DOZING

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching TV	
Sitting inactive in a public place (meeting, theater, etc.)	
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	
In a car, while stopped for a few minutes in traffic	
TOTAL	

- 1-6** YOU ARE GETTING ENOUGH SLEEP
- 7-8** YOUR SCORE IS AVERAGE
- 9+** SEEK THE ADVICE OF A SLEEP SPECIALIST IMMEDIATELY