

Epworth Sleepiness Scale

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:

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

| Situation | Chance of Dozing or Sleeping |
|----------------------------------------------------------|------------------------------|
| Sitting and reading | _____ |
| Watching TV | _____ |
| Sitting inactive in a public place | _____ |
| Being a passenger in a motor vehicle for an hour or more | _____ |
| Lying down in the afternoon | _____ |
| Sitting and talking to someone | _____ |
| Sitting quietly after lunch (no alcohol) | _____ |
| Stopped for a few minutes in traffic while driving | _____ |
| Total score | _____ |