



## Epworth Sleepiness Scale

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

How likely are you to doze off or fall asleep in the situations described below, in contrast to feeling just tired?

<b>0 = would never doze</b>
<b>1 = slight chance of dozing</b>
<b>2 = moderate chance of dozing</b>
<b>3 = high chance of dozing</b>

Use the following scale to choose the most appropriate number for each situation:

Situation	Score
Sitting and Reading	[   ]
Watching TV	[   ]
Sitting inactive in a public place (e.g. a theatre or 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 lunch without alcohol	[   ]
In a car, while stopped for a few minutes	[   ]
<b>Total</b>	[   ]