

Name _____

Date _____

EPWORTH SLEEPINESS SCALE

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? 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 (i.e. theater) _____

As a car passenger for an hour without a break _____

Lying down to rest in the afternoon _____

Sitting and talking to someone _____

Sitting quietly after lunch without alcohol _____

In a car, while stopping for a few minutes in traffic _____

TOTAL SCORE _____

A score of 6 or greater indicates the possibility of a sleep breathing disorder