

Name _____

DOB _____

Today's Date _____

EPWORTH SLEEPINESS SCALE

The following questionnaire will help you measure your general level of daytime sleepiness. You are to rate the chance that you would doze off or fall asleep during different routine daytime situations. Answers to the questions are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item is rated from 0 to 3, with 0 meaning you would never doze off or fall asleep in a given situation and 3 meaning that there is a very high chance that you would doze or fall asleep in that situation.

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

- | | |
|------------------------------------|--------------------------------------|
| 0 = Would Never Doze | 2 = Moderate Chance of Dozing |
| 1 = Slight Chance of Dozing | 3 = High Chance of Dozing |

It is important that you put a number (0 to 3) in each of the 8 boxes.

Situation	Chance of Dozing (0 – 3)
Sitting and Reading	
Watching Television	
Sitting Inactive in a public place, for example, a theater or meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting and Talking to someone	
Sitting quietly after lunch (when you've had no alcohol)	
In a car, while stopped in traffic	

Total= _____ /24