

## Epworth Sleepiness Scale

\_\_\_\_\_  
Name

\_\_\_\_\_  
Age

\_\_\_\_\_  
Gender

\_\_\_\_\_  
Today's Date

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 haven't 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

1 = **Slight Chance** of Dozing

2 = **Moderate Chance** of Dozing

3 = **High Chance** of Dozing

**It is important that you answer each question as best you can**

### Situation

### Chance of Dozing (0-3)

Sitting and reading

Watching TV

Sitting, inactive in a public place (e.g. a theatre or a 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 a lunch without alcohol

In a car, As a driver while stopped for a few minutes

TOTAL SCORE

**0-5 Normal Daytime Sleepiness- MILD RISK**

**6-10 Moderate Daytime Sleepiness - MODERATE RISK**

**11-15 Excessive Daytime Sleepiness - HIGH RISK**

**16-24 Severe Daytime Sleepiness - DANGEROUSLY HIGH RISK**