

The Epworth Sleepiness Scale

Name: _____

Today's Date: _____

Your age (years) _____ Your sex (M/F) _____

How likely are you to doze off or fall asleep in the following situations in contrast to just feeling 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 scale below to choose the most appropriate number for each situation:

Situation*

Chance of Dozing

Sitting and reading	_____
Watching television	_____
Sitting, inactive, in a public place (e.g., a theater, meeting)	_____
Sitting 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	_____
Sitting in a car while stopped for a few minutes in traffic	_____

Scale for chance of dozing:

0 = never 1 = slight 2 = moderate 3 = high

*The numbers for the eight situations are added together to give a global score between 0 and 24.