

The Epworth Sleepiness Scale

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 recently. Even if you have not 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 put a number (0 to 3) in each of the eight boxes

<u>Situation</u>	<u>Chance of Dozing</u>
Sitting & Reading	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>
Sitting inactive in a public place (eg meeting or theatre)	<input type="checkbox"/>
Sitting in a car as a passenger for an hour without a break	<input type="checkbox"/>
Lying down to rest in the afternoon	<input type="checkbox"/>
Sitting and talking to someone	<input type="checkbox"/>
Sitting quietly after lunch (when you have had no alcohol)	<input type="checkbox"/>
Sitting in a car, while stopped in traffic	<input type="checkbox"/>

Total Score _____