

Epworth Sleepiness Scale

How likely are you to *doze off or fall asleep* in the situations described below, in contrast to just feeling 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 (ie theatre or meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit	_____
Sitting talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car, while stopped for a few minutes in the traffic	_____

Total Score _____

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