

Epworth Sleepiness Scale

Date: _____

Name: _____

DOB: _____

How likely are you to doze off or fall asleep in the following situations in contrast to just feeling tired?

Even if you have not done some of the 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

<u>SITUATION</u>	<u>CHANCE OF DOZING</u>			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (eg, a theater or meeting)	0	1	2	3
As a passenger in a car for an hour or more without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

To be completed by nurse or provider

Epworth Sleepiness Scale Score: _____

(Redrawn from Johns, MW, Sleep 1991, 14-40)