



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 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 following scale to circle the most appropriate response for each situation.

0=would never doze **1=slight chance of dozing**
2=moderate chance of dozing **3=high chance of dozing**

- Sitting and reading _____
- Watching TV _____
- Sitting, inactive, in a public place (theater, meeting etc) _____
- 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 lunch without alcohol _____
- In a car, while stopped for a few minutes in traffic _____
- Total** _____

UNDERSTANDING YOUR SCORE
0–10: Normal range in healthy adults
11–14: Mild sleepiness
15–17: Moderate sleepiness
18 or higher: Severe sleepiness

If you score 11 or higher, consider talking to your physician about your sleepiness.