

THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situation, 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 this following scale to choose the most appropriate number for each situation:

Scale

0 = no chance of dozing

2 = slight chance of dozing

3 = moderate chance of dozing

4 = high chance of dozing

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (i.e. a theater or a meeting)	
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 with someone	
Sitting quietly after a lunch with out alcohol	
In a car, while stopped for a few minutes in traffic	

Signature of Patient, Parent or Guardian

Date: