

THE EPWORTH SLEEPINESS SCALE

Name: _____

Age: _____

Today's Date: _____

Male / Female

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 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

SITUATION	CHANCE OF DOZING
Sitting and reading	_____
Watching T.V.	_____
Sitting, inactive in a public place (e.g., a movie theatre or meeting)	_____
As 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	_____

Any score over 10 – please follow up with your provider to discuss. 16-24 = high risk of sleep disorder, with a sleep study recommended. THANK YOU FOR YOUR COOPERATION!