

# Epworth Sleepiness Scale

Please answer the following questions:

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just 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 check the box with 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

## Epworth Sleepiness Scale

	Situation	0	1	2	3
1.	Sitting				
2.	Watching TV				
3.	Sitting, inactive in a public place such as a theater or meeting				
4.	As a passenger in a car for an hour without break				
5.	Lying down to rest in the afternoon when circumstances permit				
6.	Sitting and talking to someone				
7.	Sitting quietly after lunch without alcohol				
8.	In a car, while stopped in traffic				

Name (optional): \_\_\_\_\_ Date: \_\_\_\_\_