

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is a pre-screening tool used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. If you score 10 or more on this test, we suggest you print this form and bring it filled in to your primary care physician. This degree of sleepiness should be discussed with your personal physician.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would *never* doze or sleep.
- 1 = *slight* chance of dozing or sleeping
- 2 = *moderate* chance of dozing or sleeping
- 3 = *high* chance of dozing or sleeping

Print out this test, fill in your answers and see where you stand.

Situation	Chance of Dozing or Sleeping
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
Total score (add the scores up) (This is your Epworth score)	_____