

Epworth Sleepiness Scale

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? Use the following scale to choose the most appropriate number for each situation:

- 0= Would never doze
- 1 = Slight chance of doze
- 2= Moderate chance of dozing
- 3= High chance of dozing

SITUATION

- Sitting and reading _____
 - Watching Television _____
 - Sitting inactive in a public place (i.e. theater) _____
 - As a car passenger for an hour without a break _____
 - Lying down to rest in the afternoon _____
 - Sitting and talking to someone _____
 - Sitting quietly after lunch without alcohol _____
 - In a car, while stopping for a few minutes in traffic _____
- Total Score** _____