



Epworth Sleepiness Scale

How likely are you to doze off or fall asleep during the following situations?

0 = would never doze

2 = moderate chance

1 = slight chance of dozing

3 = high chance of dozing

| Situation | Score | | | |
|---|-------|---|---|---|
| 1. Sitting and reading | 0 | 1 | 2 | 3 |
| 2. Watching TV | 0 | 1 | 2 | 3 |
| 3. Sitting, inactive in a public place | 0 | 1 | 2 | 3 |
| 4. As a passenger in a car for an hour without a break | 0 | 1 | 2 | 3 |
| 5. Lying down to rest in the afternoon without a break | 0 | 1 | 2 | 3 |
| 6. Sitting and talking to someone | 0 | 1 | 2 | 3 |
| 7. Sitting quietly after a lunch without alcohol | 0 | 1 | 2 | 3 |
| 8. In a car, while stopped for a few minutes in traffic | 0 | 1 | 2 | 3 |



Add columns: + +

Total:

1 - 10 = normal

11 - 24 = talk to your physician or APP