**Epworth Sleepiness Scale**

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. Use the following scale to choose the most appropriate number for each situation:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| SITUATION | CHANCE OF DOZING | | | |
| No  Chance  (0) | Slight  Chance  (1) | Moderate  Chance  (2) | High  Chance  (3) |
| 1. Sitting and reading | ⬜ | ⬜ | ⬜ | ⬜ |
| 1. Watching TV | ⬜ | ⬜ | ⬜ | ⬜ |
| 1. Sitting inactive in a public place (e.g. a theater or a meeting) | ⬜ | ⬜ | ⬜ | ⬜ |
| 1. As a passenger in a car for an hour without a break | ⬜ | ⬜ | ⬜ | ⬜ |
| 1. Lying down to rest in the afternoon when circumstances permit | ⬜ | ⬜ | ⬜ | ⬜ |
| 1. Sitting and talking to someone | ⬜ | ⬜ | ⬜ | ⬜ |
| 1. Sitting quietly after a lunch without alcohol | ⬜ | ⬜ | ⬜ | ⬜ |
| 1. In a car, while stopped for a few minutes in traffic | ⬜ | ⬜ | ⬜ | ⬜ |

Total Score = \_\_\_\_\_\_\_\_\_\_\_\_

A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.