

Epworth Sleepiness Scale

HOW LIKELY ARE YOU TO DOZE OFF OR FALL ASLEEP IN THE FOLLOW

0 = never become drowsy 1 = rarely become drowsy 2 = frequently become drowsy
3 = always become drowsy

(please write the number that applies to you)

___	0	1	2	3	Sitting and reading
___	0	1	2	3	Watching television
___	0	1	2	3	Sitting inactive in a public place (example: doctor waiting room, or theater)
___	0	1	2	3	As a passenger in a car for an hour without a break
___	0	1	2	3	Lying down to rest in the afternoon when circumstances permit
___	0	1	2	3	Sitting and talking to someone
___	0	1	2	3	Sitting quietly after lunch (without drinking alcohol)
___	0	1	2	3	In a car, while stopped for a few minutes in traffic (stopped at a red light)
_____	Total				

Scores

Less than 8	indicates normal sleep function
8-10	indicates mild sleepiness
11-15	indicates moderate sleepiness
16-20	indicates severe sleepiness
21-24	indicates excessive sleepiness

This scale is a screening tool, and is not intended to diagnose a sleep disorder. You should speak with your primary care physician regarding your sleepiness scale. Your physician can guide you toward diagnostic testing and treatment options if necessary.