

Epworth Sleepiness Scale

Using 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 = *moderated* chance of dozing or sleeping
- 3 = *high* chance of dozing or sleeping

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 without a break	
Lying down in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
In a car, while stopped for a few minutes in traffic	

Add total for score _____

A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy.

An office visit with your healthcare provider is recommended if you experience excessive sleepiness, snoring, difficulty sleeping, or you have been told by someone close to you that you stop breathing for short periods of time while you are sleeping.