

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times (over the last few weeks). Even if you have not experienced these specific situations recently, try to imagine how they would have affected you.

Using the following scale, rate the situations below as they best apply to you:

- 0 = No chance of dozing**
- 1 = Slight chance of dozing**
- 2 = Moderate chance of dozing**
- 3 = High chance of dozing**

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching television	
Sitting inactive in a public place (such as a theater or meeting)	
As a passenger in a car for about an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch (without alcohol at the meal)	
In a car, while stopped for a few minutes in traffic	
TOTAL SCORE:	

Scoring Your Test

While this scale should not be used to make your own diagnosis, it can be an effective tool to help you identify your own level of daytime sleepiness, which is a symptom of many sleep disorders.

- **1 to 6:** You are getting enough sleep.
- **7 to 9:** You are about average and are probably not suffering from excessive daytime sleepiness.
- **10 or greater:** You may need further evaluation by a physician to determine the cause of your daytime sleepiness, and whether or not you have an underlying sleep disorder.