

EPWORTH SLEEPINESS SCALE

0=would NEVER doze 1=SLIGHT chance of dozing 2=MODERATE chance of dozing
3=HIGH chance of dozing

SITUATION	CHANCE OF DOZING			
SITTING AND READING	0	1	2	3
WATCHING TELEVISION	0	1	2	3
SITTING INACTIVE IN A PUBLIC PLACE (E.G. A THEATRE OR MEETING)	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 ALCOHOL	0	1	2	3
IN A CAR, WHEN STOPPED FOR A FEW MINUTES IN TRAFFIC	0	1	2	3

TOTAL SCORE: _____

SCORE RESULTS

1-6 Congratulations! You are getting enough sleep
7-8 Your score is average
9+ Very sleepy and should seek sleep assistance