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The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? This refers to your usual way of life in recent times. Use the following scale and circle the most appropriate number for each situation. Add the total of each circled number to get your score.

- 0=Would never doze
- 1=Slight chance of dozing
- 2=Moderate chance of dozing
- 3=High Chance of dozing

Sitting and reading

0 1 2 3

Watching television

0 1 2 3

Sitting inactive in a public place (for example: 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 a lunch without alcohol

0 1 2 3

In a car while stopped for a few minutes in traffic

0 1 2 3

Total score: _____

Scale:

1-6= Getting enough sleep to pushing limits of proper sleep habits

7-8= Average score; consider placing more emphasis on better sleep habits

9 or above= Consult your family physician

Name _____ Date _____ Height _____ Weight _____

