

Epworth Sleepiness Scale

How likely are you to fall asleep in the following situations. Use the following scale to check the box with the most appropriate number for each situation.

- 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 TV	0	1	2	3
Sitting inactive in a public place (e.g a theater or a meeting)	0	1	2	3
As a passenger in a car without a break	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking with someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes	0	1	2	3

Total Score: _____

Is there anything else you want to tell us?
