

Epworth Sleepiness Scale

Please rate how likely you are to doze or fall asleep in the following situations by selecting the response that best applies. If you have not done some of these activities recently, select what would most likely happen if you were in that situation

0

would **never** doze

1

Slight chance of dozing

2

Moderate chance of dozing

3

High chance of dozing

Chance of Dozing

Sitting and Reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place (theater)	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 it	0	1	2	3
Sitting and talking to someone	0	1	2	3
In a car, while stopped for a few minutes in traffic.	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3

Total Score:

Normal

0=10

EDS Present

10-16

High EDS

16 >

EDS=Excessive daytime sleepiness