EPWORTH SLEEPINESS SCALE

NAME: **DATE OF BIRTH:**

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situation? Even if you have not done some of these things recently, try to work out how they would affect you.

USE THE FOLLOWING SCALE TO CHOOSE THE MOST APPROPRIATE NUMBER FOR EACH SITUATION

SITTING AND READING



NO CHANCE OF DOZING

MODERATE CHANCE

DEFINITELY WOULD DOSE

0

1

SLIGHT

CHANCE

2

2

3

WATCHING TV



NO CHANCE OF DOZING

0

SLIGHT CHANCE

1

MODERATE DEFINITELY CHANCE **WOULD DOSE**

SITTING INACTIVE IN A PLACE (EG. THEATRE OR A MEETING)



NO CHANCE OF DOZING

0

SLIGHT CHANCE

1

MODERATE CHANCE

DEFINITELY WOULD DOSE

3

2

3

AS A PASSENGER IN A **CAR FOR AN HOUR** WITHOUT BREAK



NO CHANCE OF DOZING

0

SLIGHT CHANCE

1

MODERATE DEFINITELY CHANCE

2

WOULD DOSE

3

LYING DOWN TO REST IN THE AFTERNOON WHEN CIRCUMSTANCES PERMIT



NO CHANCE OF DOZING

0

SLIGHT CHANCE

1

MODERATE CHANCE

DEFINITELY

2

WOULD DOSE

3

SITTING AND TALKING TO SOMEONE



NO CHANCE OF DOZING

0

SLIGHT CHANCE

MODERATE CHANCE

DEFINITELY WOULD DOSE

2

3

DEFINITELY

WOULD DOSE

3

SITTING QUIETLY AFTER **LUNCH WITHOUT ALCOHOL**



NO CHANCE OF DOZING

0

SLIGHT CHANCE

1

MODERATE CHANCE

2

IN A CAR, WHILE STOPPED FOR A FEW MINUTES IN TRAFFIC



NO CHANCE OF DOZING

0

SLIGHT CHANCE

1

CHANCE

DEFINITELY WOULD DOSE

2

MODERATE

3

EPWORTH SLEEPINESS SCALE

NAME: DATE: DATE OF BIRTH:

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situation? Even if you have not done some of these things recently, try to work out how they would affect you.

IN A CAR, WHILE STOPPED FOR A FEW

USE THE FOLLOWING SCALE TO CHOOSE THE MOST APPROPRIATE NUMBER FOR EACH SITUATION

SLIGHT

CHANCE

NO CHANCE

OF DOZING

DEFINITELY

WOULD DOSE

3

MODERATE

CHANCE

recently, try to work out how they would affect you.			APPROPRIATE NUMBER FOR EACH STITUTION			
01 SITTIN	G AND READING		NO CHANCE OF DOZING 0	SLIGHT CHANCE 1	MODERATE CHANCE 2	DEFINITELY WOULD DOSE
02 water	CHING TV		NO CHANCE OF DOZING	SLIGHT CHANCE 1	MODERATE CHANCE 2	DEFINITELY WOULD DOSE
	G INACTIVE IN A (EG. THEATRE OR A NG)		NO CHANCE OF DOZING 0	SLIGHT CHANCE 1	MODERATE CHANCE 2	DEFINITELY WOULD DOSE
CAR FO	ASSENGER IN A DR AN HOUR DUT BREAK	0	NO CHANCE OF DOZING	SLIGHT CHANCE 1	MODERATE CHANCE 2	DEFINITELY WOULD DOSE
	DOWN TO REST IN TERNOON WHEN MSTANCES PERMIT		NO CHANCE OF DOZING	SLIGHT CHANCE 1	MODERATE CHANCE 2	DEFINITELY WOULD DOSE
06 SITTIN TO SOI	G AND TALKING MEONE		NO CHANCE OF DOZING	SLIGHT CHANCE 1	MODERATE CHANCE 2	DEFINITELY WOULD DOSE
	G QUIETLY AFTER I WITHOUT ALCOHOL		NO CHANCE OF DOZING	SLIGHT CHANCE 1	MODERATE CHANCE 2	DEFINITELY WOULD DOSE