

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.

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

01 SITTING AND READING



NO CHANCE OF DOZING	SLIGHT CHANCE	MODERATE CHANCE	DEFINITELY WOULD DOZE
0	1	2	3

02 WATCHING TV



NO CHANCE OF DOZING	SLIGHT CHANCE	MODERATE CHANCE	DEFINITELY WOULD DOZE
0	1	2	3

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




NO CHANCE OF DOZING	SLIGHT CHANCE	MODERATE CHANCE	DEFINITELY WOULD DOZE
0	1	2	3

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



NO CHANCE OF DOZING	SLIGHT CHANCE	MODERATE CHANCE	DEFINITELY WOULD DOZE
0	1	2	3

05 LYING DOWN TO REST IN THE AFTERNOON WHEN CIRCUMSTANCES PERMIT



NO CHANCE OF DOZING	SLIGHT CHANCE	MODERATE CHANCE	DEFINITELY WOULD DOZE
0	1	2	3

06 SITTING AND TALKING TO SOMEONE



NO CHANCE OF DOZING	SLIGHT CHANCE	MODERATE CHANCE	DEFINITELY WOULD DOZE
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07 SITTING QUIETLY AFTER LUNCH WITHOUT ALCOHOL



NO CHANCE OF DOZING	SLIGHT CHANCE	MODERATE CHANCE	DEFINITELY WOULD DOZE
0	1	2	3

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



NO CHANCE OF DOZING	SLIGHT CHANCE	MODERATE CHANCE	DEFINITELY WOULD DOZE
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