

# Epworth Sleepiness Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations. This refers to your usual life in recent times, even if you have not done some of these recently; try to work out how they would have affected you.

Use the following scale to choose 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

\_\_\_\_\_

Watching Television

\_\_\_\_\_

Sitting inactive in a public place  
(i.e theater or meeting)

\_\_\_\_\_

As a Passenger in a car for 1 hour  
without a break.

\_\_\_\_\_

Lying down to rest in the afternoon when  
circumstances permit

\_\_\_\_\_

Sitting and talking to someone

\_\_\_\_\_

Sitting quietly after lunch without alcohol

\_\_\_\_\_

In a car, while stopped for a few minutes

\_\_\_\_\_