

| Epworth Sleepiness Scale

Instructions

Likelihood to fall asleep in the following situation:

- 0 Would never doze off
 1 Slight chance of dozing off
 2 Moderate chance of dozing off
 3 High chance of dozing off

1 Sitting and Reading	0	1	2	3
2 Watching TV	0	1	2	3
3 Sitting, inactive in a public place (e.g., waiting room, a theater or a meeting)	0	1	2	3
4 As a passenger in a car for an hour without a break	0	1	2	3
5 Lying down to rest in the afternoon when circumstances permit	0	1	2	3
6 Sitting and talking to someone	0	1	2	3
7 Sitting quietly after lunch without alcohol	0	1	2	3
8 In a car, while stopped for a few minutes in traffic	0	1	2	3

Guidelines for Scoring/Interpretation

Add the scores for all eight items:

Total score

Sleepiness score

< 11

> 11

Level

Normal

Severe