



Epworth Sleepiness Scale

Name: _____

Date: _____

Your Age _____

Male or Female

How likely are you to doze off or fall asleep in the following situation, in contrast to feeling just tired?

Use the following scale:

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

It is important that you answer each question as best you can.

Situation

Chance of Dozing (0-3)

Sitting and Reading

Watching TV

Sitting, inactive in a public place (e.g. a theatre or a meeting)

As a passenger in a car for an hour without a break

Lying down to rest in the afternoon when circumstances permit

Sitting and talking to someone

Sitting quietly after a lunch without alcohol

In a car, while stopped for a few minutes in traffic

THANK YOU FOR YOUR COOPERATION

