

# EPWORTH SLEEPINESS SCALE

Name:

Age:

Date:

How likely are you to doze or fall asleep in the following situations, in contrast to feeling just tired? Even if you have not done some of these things 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 (e.g. theatre or meeting place)

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

**TOTAL**

**HEIGHT:**

**WEIGHT:**

**BMI:**