



EPWORTH SLEEPINESS SCALE

Name: _____ Date: _____

How likely are you to doze off or fall asleep in the following situations?

Rate each description according to your normal way of life in recent times. Even if you have not been in some of these situations recently, try to determine how sleepy you would have been. Use the following scale to choose the best 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., a theater or meeting)	_____
Sitting as a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when your schedule permits	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
Sitting in a car while stopped for a few minutes in the traffic	_____
TOTAL	_____

References: Johns, MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. *SLEEP*. 1991;14:540-5.

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