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## THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. 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 = no chance of dozing**
- 1 = slight chance of dozing**
- 2 = moderate chance of dozing**
- 3 = high chance of dozing**

What is the chance of dozing while: \_\_\_\_\_

Sitting and reading a book? \_\_\_\_\_

Watching TV? \_\_\_\_\_

Sitting inactive in a public place? (e.g a movie theater or a meeting) \_\_\_\_\_

As a passenger in a car for an hour without a break? \_\_\_\_\_

Lying down in the afternoon to rest? \_\_\_\_\_

Sitting and talking to someone? \_\_\_\_\_

After lunch without having alcohol? \_\_\_\_\_

In a car, while stopped for a few minutes in traffic? \_\_\_\_\_

**CALCULATE YOUR TOTALS.**

**1-6 Congratulations, you are getting enough sleep!**

**7-8 Your score is average.**

**9+ Please schedule an appointment with a sleep specialist without delay!**