

Epworth Sleepiness Scale

0-10 – Mild

10-16 – Moderate

16-24 – Severe

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling tired? This refers to your usual way of life in recent times even if you have done some of these things recently try to work out how they affect 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

Sitting and reading	chance of dozing _____
Watching TV	chance of dozing _____
Sitting, inactive in a public place, For example, a theater or meeting	chance of dozing _____
As a passenger in a car for an hour without a break	chance of dozing _____
Lying down to rest in the afternoon	chance of dozing _____
Sitting and talking to someone	chance of dozing _____
Sitting quietly after lunch without alcohol	chance of dozing _____
In a car, while stopped for a few minutes in traffic	chance of dozing _____

