

# EPWOTH SLEEPINESS SCALE

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

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

It is important that you circle a number (0 to 3) on each of the questions.

Situation	Chance of dozing (0 to 3)			
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place—for example, a theater or meeting	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch (when you have had no alcohol)	0	1	2	3
In a car while stopped at traffic	0	1	2	3
			Total Score	

- 0 - 10 Normal
- 11-15 Mild to Moderate Sleep Disorder
- 16 - 24 Severe Sleep Disorders and a Referral is Recommended