

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations (in contrast to just feeling tired)? Use the following scale to rate your chance of dozing in the following situations:

- 0 *I would never doze*
- 1 *Slight chance of dozing*
- 2 *Moderate chance of dozing*
- 3 *High chance of dozing*

- 1. Sitting and reading _____
- 2. Watching TV _____
- 3. Sitting, inactive, in a public place _____
- 4. As a passenger in a car for an hour _____
- 5. Lying down in the afternoon _____
- 6. Sitting and talking to someone _____
- 7. Sitting quietly after lunch without alcohol _____
- 8. In a car, while stopped for a few minutes in traffic _____

Your score: _____

Epworth score analysis:

- 1-6: Patient is getting enough sleep
- 4-8: Patient tends to be sleepy during the day;
this is the average score
- 9-15: Patient is very sleepy and should seek medical advice
- 16 or greater: Patient is dangerously sleepy and should seek
medical advice

Interactive video tutorial:

<http://www.nlm.nih.gov/medlineplus/tutorials/sleepdisorders/htm/lesson.htm>