

EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness scale is a helpful tool to determine if you could be experiencing a sleep problem.

- 0 = would never doze**
- 1 = slight chance of dozing**
- 2 = moderate chance of dozing**
- 3 = high chance of dozing**

Complete this form by *reading each situation* and *choosing the appropriate number*.
(It is important that you circle a number (0-3) on each of these situations.)

Situation: Sitting and reading	0	1	2	3
Situation: Watching television	0	1	2	3
Situation: Sitting inactive in a public place (<i>ie; theater/office meeting</i>)	0	1	2	3
Situation: For an hour as a passenger in a car	0	1	2	3
Situation: Lying down to rest in the afternoon	0	1	2	3
Situation: Sitting and talking to someone	0	1	2	3
Situation: Sitting quietly after lunch (<i>when you've had no alcohol</i>)	0	1	2	3
Situation: In a car while stopped in traffic	0	1	2	3

Your Epworth Score: _____ (score > 10 indicates excessive daytime sleepiness)

