

The Epworth Sleepiness Scale



How likely are you to doze off or fall asleep in contrast to feeling just tired in the following situations? This scale refers to your usual way of life in recent times. Even if you have not done some of these activities recently, try to speculate 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

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g.: a theater or a meeting)	
Riding as a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
Riding in a car, while stopped for a few minutes in traffic	

Total your points and evaluate your score against the table below:

1-6 = Congratulations, you are getting enough sleep!
7-8 = Your score is average
9 and up = Seek the advice of a sleep specialist without delay