



## Epworth Sleepiness Scale

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

0 = would never doze

2 = moderate chance

1 = slight chance of dozing

3 = high chance of dozing

Situation	Score			
1. Sitting and reading	0	1	2	3
2. Watching TV	0	1	2	3
3. Sitting, inactive in a public place	0	1	2	3
4. As a passenger in a car for an hour without a break	0	1	2	3
5. Lying down to rest in the afternoon without a break	0	1	2	3
6. Sitting and talking to someone	0	1	2	3
7. Sitting quietly after a lunch without alcohol	0	1	2	3
8. In a car, while stopped for a few minutes in traffic	0	1	2	3



Add columns:  +  +

Total:

1 - 10 = normal

11 - 24 = talk to your physician or APP