



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

Sleep is not a luxury.

It is critical to good health.

Get a good night's sleep!

- Stick to a sleep schedule
- Get natural light and physical activity
- Don't eat or drink before bedtime
- Keep your bedroom cool, dark and quiet