

# The Epworth Sleepiness Scale

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

Choose the most appropriate number for each situation:

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

Activity:

- Sitting and reading \_\_\_\_\_
- Watching TV \_\_\_\_\_
- Sitting, inactive in a public place (theater, meeting, etc.) \_\_\_\_\_
- 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 \_\_\_\_\_
- In a car, while stopped for a few minutes in traffic \_\_\_\_\_

**Total** \_\_\_\_\_

Please check the following that apply to you:

- Loud snoring \_\_\_\_\_
- Excessive daytime fatigue \_\_\_\_\_
- Stops breathing during sleep \_\_\_\_\_
- Morning headaches \_\_\_\_\_
- Depressed and/or irritable \_\_\_\_\_
- Chronic lack of energy \_\_\_\_\_
- Suffers from memory loss \_\_\_\_\_
- Requires nap during day \_\_\_\_\_
- Difficulty thinking clearly \_\_\_\_\_
- Waking up tired \_\_\_\_\_
- Diagnosed with high blood pressure \_\_\_\_\_
- Diagnosed with heart problems \_\_\_\_\_
- Diagnosed with stroke \_\_\_\_\_