

Name:

Date:

Age:

Male/Female:

The Epworth Sleepiness Scale is widely used in the field of sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of eight situations in which you rate your tendency to become sleepy on a scale of 0, no chance of dozing, to 3, high chance of dozing. Your total score is based on a scale of 0 to 24. The scale estimates whether you are experiencing excessive sleepiness that possibly requires medical attention.

How Sleepy Are You?

How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently, try to determine how they would have affected you. Be as truthful as possible. Read the situation in the first column; select your response from the second column; enter that number in the third column. Total all of the entries in the third column and enter the total in the last box.

SITUATION	CHANCE OF DOZING	
	0 = No chance of dozing	1 = Slight chance of dozing
Sitting and reading		
Watching TV		
Sitting inactive in a public place (e.g., a theatre or a meeting)		
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 Score	

Analyze Your Score

0-7: It is unlikely that you are abnormally sleepy.

8-9: You have an average amount of daytime sleepiness.

10-15: You may be excessively sleepy depending on the situation. Consider seeking medical attention.

16-24: You are excessively sleepy and should consider seeking medical attention.

A score of 10 or greater indicates a possible sleep disorder. Take the completed form to your doctor.