

EPWORTH SLEEPINESS SCALE: FOR MEASURING AVERAGE SLEEP PROPENSITY

How likely are you to doze off or fall asleep in the following situation in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you haven't done some of these things recently, try to work out how they would have affected you. Use the following scale to 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 doing**

*It is important you answer each question as best you can.*

Situation	Chance of Dozing (0-3)
Sitting and Reading	_____
Watching TV	_____
Sitting, inactive in a public place (theater or meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when possible	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
TOTAL	_____

0-5 Lower Normal Daytime Sleepiness

6-10 Higher Normal Daytime Sleepiness

11-12 Mild Excessive Daytime Sleepiness

13-15 Moderate Excessive Daytime Sleepiness

16-24 Sever Excessive Daytime Sleepiness