

EPWORTH SLEEPINESS SCALE

0 = would NEVER doze

1 = SLIGHT chance of dozing

2 = MODERATE chance of dozing

3 = HIGH chance of dozing

SITUATION

CHANCE OF DOZING

Sitting and Reading	0	1	2	3	
Watching Television		0	1	2	3
Sitting inactive in a public place (e.g. a theater or meetin)	0	1	2	3	
As a passenger in a car for an hour without break		0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3	
Sitting and talking to someone		0	1	2	3
Sitting quietly after a lunch without alcohol		0	1	2	3
In a car, when stopped for a few minutes in traffic		0	1	2	3

SCORE RESULTS

1-6 Congratulations! You are getting enough sleep

7-8 Your score is average

9+ Very sleepy and should seek sleep assistance

TOTAL SCORE