

## The Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. Use the following scale to choose the most appropriate number for each situation:

- 0 = would never doze or sleep.
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping

Fill in your answers below.

SITUATION	CHANCE OF DOZING OR SLEEPING
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a motor vehicle for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
<b>Total score</b> Add the scores; this is your Epworth score:	

A score of 10 or more is considered sleepy.

A score of 18 or more is very sleepy.

If you score 10 or more on this test, you should consider whether you are getting enough sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your healthcare provider.