



EPWORTH SLEEPINESS SCALE

Patient: _____

DATE: _____

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 over the past two weeks. Even if you don't usually do this activity, please give your best estimate:

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

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 _____

Total Score _____

Patient's Signature

Date