

## EPWORTH SLEEPINESS SCALE

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Rate your sleepiness as :

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Example: If you are sitting and reading and feel that you have a high chance of dozing off, then put a #3 in the blank to the right.

### SITUATION

### CHANCE OF DOZING

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting inactive in a public place  
(such as in a theater or a meeting) \_\_\_\_\_

As a passenger in a car for an hour  
without 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** (add the above numbers) \_\_\_\_\_