

## THE EPWORTH SLEEPINESS SCALE

*How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life recently.*

*Use the following scale to choose the most appropriate number for each situation:*

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

<b>Situation</b>	<b>Chance Of Dozing</b>
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. a theater or a meeting)	
As a passenger in a car for an hour without a 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	

### **SCORE:**

0 - 9 - average score, normal population

10 - 24 - sleep specialist advice recommended