

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 chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping

Name: \_\_\_\_\_ Date: \_\_\_\_\_

HEIGHT: Feet \_\_\_\_ Inches \_\_\_\_ WEIGHT: Pounds \_\_\_\_ NECK SIZE: \_\_\_\_\_

\*CIRCLE ONE NUMBER IN EACH ROW AND THEN ADD UP YOUR "SCORE"

Situation	Chance of Dozing or Sleeping
Sitting and Reading	0 1 2 3
Watching TV	0 1 2 3
Sitting inactive in a public place	0 1 2 3
Being a passenger in a motor vehicle for an hour or more	0 1 2 3
Lying down in the afternoon	0 1 2 3
Sitting and talking to someone	0 1 2 3
Sitting quietly after lunch (no alcohol)	0 1 2 3
Stopped for a few minutes in traffic	0 1 2 3
<b>Total Score</b>	

- 0-5: It is unlikely that you are abnormally sleepy
- 6-9: You have an average amount of daytime sleepiness
- 10-15: You may be excessively sleepy depending on the situation
- 16-24: You are excessively sleepy