

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: _____

<i>Situation</i>	<i>Chance of Dozing or Sleeping</i>
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	

- 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