



Patient Name: _____

Date: _____

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

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

0—Would never doze 1—Slight chance of dozing
2—Moderate chance of dozing 3—High chance of dozing

SITUATION	CHANCE OF DOZING (0–3)
Sitting and reading	_____
Watching television	_____
Sitting, inactive in a public place such as 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 the traffic	_____
TOTAL SCORE add all responses	_____