

THE EPWORTH SLEEPINESS SCALE

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

Even if you haven't done some of these things recently, try to work out how they would have affected you. Use the scale to choose the most appropriate number for each situation. Write the number you have chosen in the box to the right of the situation.

- 0 = Would *never* doze
- 1 = *Slight* chance of dozing
- 2 = *Moderate* chance of dozing
- 3 = *High* chance of dozing

Situation	Chance of Dozing (use the scale above)
Sitting and reading	<input style="width: 100%; height: 30px;" type="text"/>
Watching television	<input style="width: 100%; height: 30px;" type="text"/>
Sitting, inactive in a public place (e.g., a theatre or meeting)	<input style="width: 100%; height: 30px;" type="text"/>
As a passenger in a car for an hour without a break	<input style="width: 100%; height: 30px;" type="text"/>
Lying down to rest in the afternoon when circumstances permit	<input style="width: 100%; height: 30px;" type="text"/>
Sitting and talking to someone	<input style="width: 100%; height: 30px;" type="text"/>
Sitting quietly after a lunch without alcohol	<input style="width: 100%; height: 30px;" type="text"/>
In a car, while stopping for a few minutes in traffic	<input style="width: 100%; height: 30px;" type="text"/>
TOTAL	<input style="width: 100%; height: 30px;" type="text"/>