

EPWORTH SLEEPINESS SCALE

How likely are you to fall asleep in the following situations in contrast to just feeling tired? Use the following scale to choose the most appropriate number for each situation:

- Scale:
- 0 would never doze
 - 1 slight chance of dozing
 - 2 moderate chance of dozing
 - 3 high chance of dozing

Situation:	Chance of dozing			
	0	1	2	3
Sitting and reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting inactive in a public place (e.g. theater)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
As a car passenger for 1 hour without a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lying down to rest in the afternoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting and talking to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting quietly after lunch, without alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a car while stopped for a few moments in traffic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Total:	<input type="text"/>			

Score

- 0-10 Normal
- 10-15 Sleepy
- 15-20 Very sleepy
- >20 Severe sleepiness

Patient
Name: _____ DOB _____ DATE _____