

EPWORTH SLEEPINESS SCALE

To assess how sleepy you are during the daytime, answer the questions below. Even if you haven't been in some of these situations, try and guess how they might affect you. Choose from the following answers:

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

If you can't relate to the word "doze," think about how likely it is that your eyelids would droop, you'd feel yourself "nodding off" or you'd actually fall asleep DURING THE DAYTIME during the eight activities listed below:

Situation	Chance of dozing (0 - 3)
1. Sitting and reading	<input type="text"/>
2. Watching TV	<input type="text"/>
3. Sitting quietly in public, i.e. at church, the movies, etc.	<input type="text"/>
4. As a passenger in a moving car for an hour without a break	<input type="text"/>
5. Lying down in the middle of the afternoon	<input type="text"/>
6. Sitting and talking to someone	<input type="text"/>
7. Sitting quietly after a lunch without alcohol	<input type="text"/>
8. As the driver of a car, while stopped in traffic for a few minutes	<input type="text"/>
TOTAL	<input type="text"/>

A total score of **6 to 9** suggests *daytime sleepiness*.

A total score of **10 to 15** suggests **excessive daytime sleepiness**.

A total score of **16 or more** suggests **dangerously excessive daytime sleepiness** and indicates that YOU SHOULD TALK TO A SLEEP SPECIALIST AS SOON AS POSSIBLE AND SHOULD NOT BE DRIVING OR OPERATING HEAVY MACHINERY.