

Epworth Sleepiness Scale (modified)

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"/>

**Add up your score. A total score of 6 or more suggests you suffer from daytime sleepiness.
10 or more suggests excessive daytime sleepiness (EDS).
16 or more suggests dangerously excessive daytime sleepiness.**