

Epworth Sleepiness Scale

Name:			Date:	
Your age:	(Yr)	Sex:	(Male or Female – M or F)	
-	•		ep in the situations described below under normal ion or sleep deprivation.)?	
Use the following	ing scale to ch	noose the most	t appropriate number for each situation:	
0 = would never 1 = Slight chance 2 = Moderate of 3 = High chance	ce of dozing chance of doz	ing		
Situation - Ch	nance of dozi	ing		
Sitting and read	ling			
Watching TV				
Sitting, inactive	e in a public p	lace (e.g. a the	eatre or a meeting)	
As a passenger	in a car for a	n hour withou	t a break	
Lying down to	rest in the aff	ternoon when	circumstances permit	
Sitting and talk	ing with some	eone		
Sitting quietly a	after a lunch v	without alcoho	ol	
In a car, while s	stopped for a	few minutes i	n traffic	
Total (add the	numbers for 6	each situation))	
Score your tota	ıl:			