

## THE EPWORTH SLEEPINESS SCALE

- The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness.
- How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times.
- Even if you have not done some of these things recently try to work out how they would have affected you.
- Use the following scale to choose the most appropriate number for each situation:

0 = No chance of dozing	1 = Slight chance of dozing	2 = Moderate chance of dozing	3 = High chance of dozing
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SITUATION	CHANCE OF DOZING ( 0, 1, 2 or 3 )
1. Sitting and reading	
2. Watching TV	
3. Sitting inactive in a public place (e.g. a theater or a meeting)	
4. As a passenger in a car for an hour without a break	
5. Lying down to rest in the afternoon when circumstances permit	
6. Sitting and talking to someone	
7. Sitting quietly after a lunch without alcohol	
8. In a car, while stopped for a few minutes in traffic	
Total (Add points for each question above)	

- A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy.
- If you score 10 or more on this test, you should consider whether you are getting enough sleep and you may need to improve your sleep hygiene and/or need to see a sleep specialist.
- These issues should be discussed with your primary physician.