



EPWORTH SLEEPINESS SCALE

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 haven't done some of these things recently, think about how they may affect you.

Use the following scale to choose the most appropriate number for each situation:

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

Situation	(0-3) – Circle			
<input type="radio"/> Sitting and reading	0	1	2	3
<input type="radio"/> Watching TV	0	1	2	3
<input type="radio"/> Sitting, inactive in a public place (e.g., a theatre or a meeting)	0	1	2	3
<input type="radio"/> As a passenger in a car for an hour without a break	0	1	2	3
<input type="radio"/> Lying down to rest in the afternoon when circumstances permit	0	1	2	3
<input type="radio"/> Sitting and talking to someone	0	1	2	3
<input type="radio"/> Sitting quietly after a lunch without alcohol	0	1	2	3
<input type="radio"/> In a car, while stopped for a few minutes in the traffic	0	1	2	3
TOTAL SCORE:	/24			

- Normal ESS: < 11
- Mild Daytime Sleepiness: 11 – 14
- Moderate Daytime Sleepiness: 15 – 18
- Severe Daytime Sleepiness: 18 – 24