

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 have not done some of these things recently, try to work out how they would have affected you.

The **Epworth Sleepiness Scale** is used to help you identify your own level of day time sleepiness. 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

- _____ Sitting and reading
- _____ Watching TV
- _____ Sitting, inactive in a public place (e.g. a theater or a meeting)
- _____ As a passenger in a car for an hour without a break
- _____ Lying down in the afternoon when circumstances permit
- _____ Sitting and talking to someone
- _____ Sitting quietly after a lunch without alcohol
- _____ In a car, while stopped for a few minutes in the traffic

Add up the numbers you choose to get your total score.

A score of 9 or more suggests wake time sleepiness that may require a sleep evaluation to determine whether you are obtaining inadequate sleep or may have an underlying sleep disorder. **If your score is 9 or more, please share this information with your CCMH primary care physician.**