**SLEEPINESS SCALE**

Participant code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Here are some descriptors about how alert or sleepy you might be feeling right now. Please read them carefully and CIRCLE the number that best corresponds to the statement describing how you feel at the moment.**

1 Extremely alert

2 Very alert

3 Alert

4 Rather alert

5 Neither alert nor sleepy

6 Some sighs of sleepiness

7 Sleepy, but no difficulty remaining awake

8 Sleepy, some effort to keep alert

9 Extremely sleepy, fighting sleep

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