

Karolinska Sleepiness Scale

How would you describe your physical and mental state in the past 10 minutes,

Extremely alert	1
Very alert	2
Alert	3
Fairly alert	4
Neither alert nor sleepy	5
Some signs of sleepiness	6
Sleepy, but no effort to keep alert	7
Sleepy, but some effort to keep alert	8
Very sleepy, great effort to keep alert, fighting sleep	9
Extremely sleepy, falling asleep all the time	10