

Use this tool to measure sleep deprivation

The Epworth Sleepiness Scale (below) was developed by researchers in Australia and is widely used by sleep professionals around the world to measure sleep deprivation.

Sleep difficulties can often be linked to stress, untreated mental illness or poorly treated mental illness. Sleep loss often co-occurs with anxiety disorders, depression, and Bipolar Disorder. Extended sleep deprivation may cause psychosis in some individuals.

This tool measures 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. If you have not done some of these things recently, think about how they have affected you in the past.

*Use the following scale to choose the most appropriate number for each situation: ****Note: We assume no liability for outcomes of this test, and you by using this test, assume all responsibility contained herein. If your score indicates that you may have a sleep disorder, contact a qualified health care provider.***

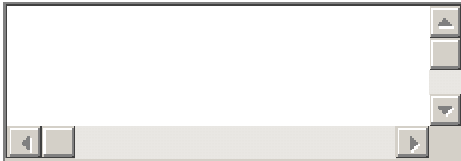
- 0 = no chance of dozing**
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and reading	<input type="text" value="0"/> ▼
Watching TV	<input type="text" value="0"/> ▼
Sitting inactive in a public place (e.g., a theater or a meeting)	<input type="text" value="0"/> ▼
As a passenger in a car for an hour without a break	<input type="text" value="0"/> ▼
Lying down to rest in the afternoon when circumstances permit	<input type="text" value="0"/> ▼
Sitting and talking to someone	<input type="text" value="0"/> ▼
Sitting quietly after a lunch without alcohol	<input type="text" value="0"/> ▼
In a car, while stopped for a few minutes in traffic	<input type="text" value="0"/> ▼

Clear Form

Results: Total Epworth Score:

Interpretation:



Epworth Sleepiness Scores (ESS) by Diagnosis

DIAGNOSIS	EPWORTH SLEEPINESS SCORE	RANGE
Normal Controls	5.9 - 2.2	2 - 10
Primary Snoring	6.5 - 3.0	0 - 11
OSA	11.7 - 4.6	4 - 23
Narcolepsy	17.5 - 3.5	13 - 23
Idiopathic hypersomnia	17.9 - 3.1	12 - 24
Insomnia	2.2 - 2.0	0 - 6
PLMD	9.2 - 4.0	2 - 16

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