Top of Form

Bottom of Form

|  |
| --- |
| **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. Use the following scale to choose the most appropriate number for each situation: |
| 0 - No chance of falling asleep 1 - Slight chance of falling asleep 2 - Moderate chance of falling asleep 3 - High chance of falling asleep |

Top of Form

|  |  |
| --- | --- |
| **Situation** | **Chance of Falling Asleep** |
| Sitting and reading | |  |  |  |  | | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | |  |  |  |  | |
| Watching TV | |  |  |  |  | | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | |  |  |  |  | |
| Sitting inactive in a public place (e.g. a theater or a meeting) | |  |  |  |  | | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | |  |  |  |  | |
| As a passenger in a car for an hour without a break | |  |  |  |  | | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | |  |  |  |  | |
| Lying down to rest in the afternoon as circumstances permit | |  |  |  |  | | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | |  |  |  |  | |
| Sitting and talking to someone | |  |  |  |  | | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | |  |  |  |  | |
| Sitting quietly after lunch without alcohol | |  |  |  |  | | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | |  |  |  |  | |
| In a car while stopped for a few minutes in traffic | |  |  |  |  | | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | |  |  |  |  | |

Bottom of Form