

Stanford Sleepiness Scale (SSS)

Using the 7-point scale below, pick what best represents how you are feeling right now (degree of sleepiness).

- ☐ 1. Feeling active, vital, alert, or wide awake
- ☐ 2. Functioning at high levels, but not fully alert
- ☐ 3. Awake, but relaxed; responsive but not fully alert
- ☐ 4. Somewhat foggy, let down
- ☐ 5. Foggy; losing interest in remaining awake; slowed down
- ☐ 6. Sleepy, woozy, fighting sleep; prefer to lie down
- ☐ 7. No longer fighting sleep, sleep onset soon; having dream-like thoughts
- ☐ X. Asleep