

EPWORTH SLEEPINESS SCALE

Patient: _____ DOB: _____

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. Use the following scale to choose the most appropriate number for each situation over the past two weeks. Even if you don't usually do this activity, please give your best estimate:

0 = would never doze or sleep

1 = slight chance of dozing or sleeping

2 = moderate chance of dozing or sleeping

3 = high chance of dozing or sleeping

SITUATION

Chance of Dozing or Sleeping

Sitting and reading

Watching TV

Sitting inactive in a public place

Being a passenger in a motor vehicle for an hour or more

Lying down in the afternoon

Sitting and talking

Sitting quietly after lunch (no alcohol)

Stopped for a few minutes in traffic

Total Score

Patient's Signature: _____ Date: _____