



## **EPWORTH SLEEPINESS SCALE:**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M / F Date: \_\_\_ / \_\_\_ / \_\_\_

How likely are you to doze off or fall asleep in the situations described below, in contrast to feeling just tired?

This refers to your usual way of life in recent times.

Even if you haven't 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** = Would never doze
- 1** = Slight chance of dozing
- 2** = Moderate change of dozing
- 3** = High chance of dozing

***It is important that you answer each question as best you can.***

<b>SITUATION</b>	<b>CHANCE OF DOZING</b>
Sitting and Reading	
Watching TV	
Sitting, inactive in a public place (i.e. a movie theater or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
<b>TOTAL</b>	

### **INTERPRETING YOUR RESULTS:**

0-9	You are most likely getting enough sleep. This is the normal range in healthy adults.
10-16	You may have excessive daytime sleepiness depending on the situation.
17-24	You have severe daytime sleepiness that is dangerous to your health.

If you scored a 10 or more on this test, you should discuss these results with your primary care physician or a sleep specialist without delay.

You may also wish to seek sleep testing services for an accurate diagnosis; and, if appropriate, effective treatment of any underlying sleep disorder.

Remember, true excessive daytime sleepiness is almost always caused by an underlying medical condition, such as Obstructive Sleep Apnea (OSA), that can be easily diagnosed and effectively treated.