

# Epworth Sleepiness Scale

Please answer the following statements as you feel they apply to your sleep.

Do you fall asleep during these situations?

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

Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place?	0	1	2	3
As a passenger in a car for an hour with out a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

\_\_\_\_\_ Total