

Epworth Sleepiness Scale

This scale is used to determine a person's level of daytime sleepiness.

In the following situations, how likely are you to doze off or fall asleep, in contrast to just feeling tired?

Use the following scale to choose the most appropriate number for each situation:

- 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

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

Situation	Chance of dozing or sleeping
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a car for an hour	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopping for a few minutes in traffic while driving	
Total Epworth score	

UNDERSTANDING YOUR SCORE

0–10: Normal range in healthy adults

11–14: Mild sleepiness

15–17: Moderate sleepiness

18 or higher: Severe sleepiness

If you scored 11 or higher, consider seeing a sleep medicine specialist to diagnose and treat the cause of your sleepiness.