



## THE EPWORTH SLEEPINESS SCALE

HOW LIKELY ARE YOU TO DOZE OFF OR FALL ASLEEP IN THE FOLLOWING SITUATIONS?  
 PLEASE USE THE SCALE BELOW TO CHOOSE THE MOST APPROPRIATE NUMBER FOR EACH SITUATION.

- 0 = NO CHANCE OF DOZING
- 1 = SLIGHT CHANCE OF DOZING
- 2 = MODERATE CHANCE OF DOZING
- 3 = HIGH CHANCE OF DOZING

### SITUATION

- SITTING AND READING .....
- WATCHING TV .....
- SITTING INACTIVE IN A PUBLIC PLACE (IN A 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 .....

- 1 - 6 CONGRATULATIONS, YOU ARE GETTING ENOUGH SLEEP!
- 7 - 8 AVERAGE SCORE
- 9 AND UP SEEK MEDICAL ATTENTION FROM A SLEEP SPECIALIST TODAY!