



The Epworth Sleepiness Scale

Name: _____ Date _____

Referring to your usual way of life, how likely are you to doze off or fall asleep during the following situations? Please use the following scale to choose the most appropriate number for you.

Answer Key

- 0 = No chance of dozing off**
- 1 = Slight chance of dozing off**
- 2 = Moderate chance of dozing off**
- 3 = High chance of dozing off**

1. Sitting and reading _____
2. Watching TV _____
3. Sitting, in a public place (e.g. A theater or meeting) _____
4. As a passenger in a car for an hour without a break _____
5. Lying down to rest in the afternoon when circumstances allow it _____
6. Sitting down and talking to someone _____
7. Sitting quietly after lunch without alcohol _____
8. In a car, while stopped in traffic for a few minutes _____

TOTAL SCORE _____