

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not 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 chance of dozing
- 3 = High chance of dozing

Situation	Chance of dozing (0-3)
Sitting and reading	
Television	
Sitting inactive in a public place, for example a theater or a meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (when you've had no alcohol)	
In a car while stopped in traffic	

Your Total: _____

Score:
 0-10 Normal range
 10-12 Borderline
 12-24 Abnormal

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Reference:
 Johns MW A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. *Sleep* 1991;14(6):540-545.

Epworth Sleepiness Scale (ESS)

