



EPWORTH SLEEPINESS SCALE

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

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

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|--|-------------------------------|
| Sitting and reading _____ | 0 = Would never doze |
| Watching TV _____ | |
| Sitting inactive in a public place _____ | 1 = Slight chance of dozing |
| (e.g. A theater or a meeting) _____ | |
| As a passenger in a car for an hour without a break _____ | 2 = Moderate chance of dozing |
| Lying down to rest in the afternoon when _____ | |
| circumstances permit _____ | 3 = High chance of dozing |
| Sitting and talking to someone _____ | |
| Sitting quietly after a lunch without alcohol _____ | |
| In a car, while stopped for a few minutes in traffic _____ | |

Additional comments regarding you sleep habits not mentioned above:

Please sign and date below and thank you for your cooperation..

Patient's Signature _____ Date _____