

Epworth Sleepiness Scale

This scale is widely used within sleep medicine as a subjective measure for a patient’s sleepiness. Rate your tendency to become sleepy in each of the situations. Your score will be based on a scale from 0 to 24.

Step 1: In the right column, record the number that corresponds with your situation using the the following scale:

- 0 = would **never** doze
- 1 = **slight** chance of dozing
- 2 = **moderate** chance of dozing
- 3 = **high** chance of dozing

Situation	Chance of Dozing
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. theater, 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	_____

Step 2: Total your score here ➡ _____

Step 3: Interpret Your Score

- 0-7 It is unlikely you are abnormally sleepy.
- 8-9 You have an average amount of daytime sleepiness.
- 10-15 You may be excessively sleepy depending on the situation. You may want to seek medical attention.
- 16-24 You are excessively sleepy and **you should seek medical attention.**