

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following scenarios? If you have not done any of these activities recently please try to judge how they would have affected you if you had. Use the scale below and select the most appropriate number for any given scenario.

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

Situation	Chance of dozing (Choose between 0-3)
Sitting and Reading	
Watching TV	
Sitting inactive in a public place (meeting, theater, etc.)	
As a passenger in a car for an hour with no 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	

Total the numbers above for your Epworth Sleepiness Score: \_\_\_\_\_