

## How sleepy are you?

The following questionnaire is referred to as the *Epworth Sleepiness Scale*, an assessment tool used by sleep experts worldwide to measure your general level of daytime sleepiness. It is not used as a diagnosis, but it does help identify symptoms of sleeping disorders.

Use the scale below to rate each situation. If you haven't done some of these activities recently, consider how you think they would affect you.

would never doze

slight chance of dozing

moderate chance of dozing

high chance of dozing



0



1



2



3



Sitting and reading

Chance of dozing: \_\_\_\_\_



Watching television

Chance of dozing: \_\_\_\_\_



Sitting inactive in public place  
(i.e. theater or meeting)

Chance of dozing: \_\_\_\_\_



As a passenger in a car for an hour or more

Chance of dozing: \_\_\_\_\_



Lying down to rest in the afternoon

Chance of dozing: \_\_\_\_\_



Sitting and talking to someone

Chance of dozing: \_\_\_\_\_



In car, while stopped in traffic

Chance of dozing: \_\_\_\_\_



Sitting quietly after lunch  
(and you didn't have any alcohol with meal)

Chance of dozing: \_\_\_\_\_

TOTAL: \_\_\_\_\_

Anything over a score of 8 indicates excessive daytime sleepiness. Your physician should be notified.