

# The Epworth Sleepiness 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 & Reading

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Watching television

\_\_\_\_\_

Sitting, inactive in a public place (e.g. theater, meeting)

\_\_\_\_\_

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 a lunch without alcohol

\_\_\_\_\_

In a car, while stopped for a few minutes in the traffic

\_\_\_\_\_

**Total Points**

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