

RESPIRATORY SUPPORT & SLEEP CENTRE

Epworth Sleepiness Scale

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

This refers to your usual way of life in the last few weeks. Even if you have not done some of these things recently try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

SITUATION	0	1	2	3
Sitting and reading				
Watching TV				
Sitting inactive in a public place (e.g. a theatre or a meeting)				
As a passenger in a car for an hour without a break				
Lying down in the afternoon (when circumstances allow)				
Sitting and talking to someone				
Sitting quietly after lunch without alcohol				
In a car, while stopped for a few minutes in traffic				
OVERALL SCORE				

Results: <11 not excessively sleepy
 >11 excessively sleepy