

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.

Use the following scale to choose the most appropriate number for each situation:

Print out this test, fill in your answers and see where you stand.

0 = would *never* doze or sleep.

1 = *slight* chance of dozing or sleeping

2 = *moderate* chance of dozing or sleeping

3 = *high* chance of dozing or sleeping

Situation Chance of Dozing or Sleeping

Sitting and reading _____

Watching TV _____

Sitting inactive in a public place _____

Being a passenger in a motor vehicle for an hour
or more _____

Lying down in the afternoon _____

Sitting and talking to someone _____

Sitting quietly after lunch (no alcohol) _____

Stopped for a few minutes in traffic
while driving _____

Total score (add the scores up) _____

(This is your Epworth score)