



Epworth Sleepiness Scale

Name _____ DOB _____ Date: _____

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. If you haven't done some of these activities recently, please try to estimate how you would typically respond. A score of 12 or more is often sufficient for insurance companies to approve warranted services. Use the following scale to choose the most appropriate number for each situation:

0 = would never sleep | 1 = slight chance of sleeping | 2 = moderate chance of sleeping | 3 = high chance of sleeping

Table with 4 columns: Situation, 0, 1, 2, 3. Rows include: Watching TV, Sitting and reading, Sitting and talking with someone, Sitting quietly after a lunch without alcohol, As a passenger in a car for an hour without a break, In a car, while stopped for a few minutes in the traffic, Sitting inactive in a public place (ex: a theater or a meeting), Lying down to rest in the afternoon when circumstances permit.

EPWORTH SCORE _____

Comments: