



EPWORTH SLEEPINESS SCALE

Name: _____

Date: _____

How likely are you to doze off or fall asleep in the following situations?

Rate each description according to your normal way of life in recent times. Even if you have not been in some of these situations recently, try to determine how sleepy you would have been. Use the following scale to choose the best number for each situation:

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

Situation

Chance of dozing

Sitting and reading _____

Watching television _____

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

Sitting as a passenger in a car for an hour without a break _____

Lying down to rest in the afternoon when your schedule permits _____

Sitting and talking to someone _____

Sitting quietly after a lunch without alcohol _____

Sitting in a car while stopped for a few minutes in the traffic _____

TOTAL _____

References: Johns, MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. SLEEP. 1991;14:540-5.

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