

The Epworth Sleepiness Scale

Name: _____ Today's Date: _____

Your Age: _____ Your Sex: _____

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. 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..... Chance of Dozing

Sitting and reading

Watching TV.....

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

As a passenger in a car for an hour without a break.....

Lying down to rest in the afternoon when circumstances permit

Sitting and talking to someone

Sitting quietly after a lunch without alcohol

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

Total out of 24 possible

Thank you for your cooperation!

Iowa Sleep Disorders Center
4060 Westown Parkway
West Des Moines, IA 50266
(515) 225-0188