

EPWORTH SLEEPINESS SCALE

Patient self assessment questionnaire

Please fill in the following questionnaire by filling in a number in the box by each situation.

In each situation, please try and estimate the chance of you dozing

Would NEVER doze	0
SLIGHT chance of dozing	1
MODERATE chance of dozing	2
HIGH chance of dozing	3

Sitting reading a book	
Watching television	
Sitting inactive in a public place eg in a meeting	
Lying down to rest in the afternoon	
Sitting talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, stopped in traffic or at lights	
In a car, as a passenger for an hour	
TOTAL	

RESULT	WHAT YOUR ESS RESULT INDICATES
< 10	You are most likely getting enough sleep. However, if you have noticed a change in your normal sleep routine, you may want to talk to your doctor.
10 - 16	You may be suffering from excessive daytime sleepiness. You may need to see your doctor to determine the cause of your sleepiness and possible treatment.
16+	You are dangerously sleepy.

