

Epworth Sleepiness Scale

Date.....

Addressograph

Patients should be asked to complete this questionnaire themselves.

How likely are you to doze or fall asleep in the following situations, in contrast to just feeling tired ? This refers to your usual way 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

<u>Situation</u>	<u>Chance of dozing</u>
Sitting and reading.....	<input type="checkbox"/>
Watching TV.....	<input type="checkbox"/>
Sitting inactive in a public place (eg theatre or meeting).....	<input type="checkbox"/>
As passenger in a car for an hour without break.....	<input type="checkbox"/>
Lying down to rest during the day when circumstances permit.....	<input type="checkbox"/>
Sitting and talking to someone.....	<input type="checkbox"/>
Sitting quietly after lunch without alcohol.....	<input type="checkbox"/>
In a car, while stopped for a few minutes in traffic.....	<input type="checkbox"/>
Total.....	<input type="checkbox"/>

