

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling 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. When you're finished, add up your total score at the bottom.

- 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 & Reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. a theatre 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 lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
TOTAL SCORE	_____

What Does My Score Mean?

- Score of 1-6: You're getting enough sleep.
- Score of 4-8: You tend to be sleepy during the day. This is the average score.
- **Score of 9-15: You are very sleepy and should seek medical advice.**
- **Score of 16 or greater: You are dangerously sleepy and should seek medical advice.**

For information about the Epworth Sleepiness Scale and what this could mean for your health, call the Capital Health Center for Sleep Medicine at 609-584-5150.