

Epworth Sleepiness Scale

Use the following scale to rate each situation on how likely you are to doze off or fall asleep. Even if these are things you may not participate in try to determine how you would react in each.

- 0- No chance of dozing
- 1- -slight chance of dozing
- 2- Moderate chance of dozing
- 3- high chance of dozing

Situation	Rating
Sitting & Reading	
Watching TV	
Sitting inactive in a public place	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting & Talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in traffic	