



### EPWORTH SLEEPINESS SCALE

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

<b>Situation</b>	<b>Chance of Dozing (0-3)</b>
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (theater/meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
<b>TOTAL</b>	_____