



The Epworth Sleepiness Scale

How likely are you to doze off in the following situations, in contrast to just feeling tired? Even if you have not done some of these things recently, try to work out how they would affect you.

Using the following scale, choose the most appropriate number for each of the situations:

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching TV	
Sitting in a public place inactive (e.g. a theater 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 a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	