



Epworth Sleepiness Scale

Name: _____ Date: _____

Date of Birth: _____ Sex: _____

How likely are you to doze off or fall asleep in the situations described below, in contrast to just feeling tired?

0 = Never

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, 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:

0-10 Normal Range

10-12 Borderline

12-24 Abnormal