

# 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 recently.

Even if you haven't done some of these things recently, try to figure out how they would have affected you.

Use the following scale to choose the **most appropriate number** for each situation:

- 0 = **no chance** of dozing
- 1 = **slight chance** of dozing
- 2 = **moderate chance** of dozing
- 3 = **high chance** of dozing

*It is important that you answer each item as best as you can.*

<b>Situation</b>	<b>Chance of Dozing (0-3)</b>
Sitting and reading _____	_____
Watching TV _____	_____
Sitting inactive in a public place (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 or bus, while stopped for a few minutes in traffic _____	_____

***THANK YOU FOR YOUR COOPERATION***  
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