



Epworth Sleepiness Scale

Name: _____

Address: _____

Height: _____ Weight: _____

Age: _____ Sex: _____

Choose the most appropriate number for each situation:

0 = no chance of dozing

1 = slight chance of dozing or sleeping

2 = moderate chance of dozing or sleeping

3 = high chance of dozing or sleeping

Situation	Chance of Dozing or Sleeping
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
As a passenger in a motor vehicle for an hour or more	
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:	

If you score 10 or more, we recommend you consult one of our physicians to treat a sleep disorder, address an underlying condition, and develop proper sleep hygiene.