



Epworth Sleepiness Scale (ESS)

Date: _____

Patients Name: _____

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 in recent times. (Even if you have not done some of these things recently, try to work out how they would have affected you.) 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

Situation	Chance of dozing
1. Sitting and reading.	_____
2. Watching television.	_____
3. Sitting inactive in a public place (e.g. theater).	_____
4. As a passenger in a car for an hour without a break.	_____
5. Lying down to rest in the afternoon when circumstances permit.	_____
6. Sitting and talking to someone.	_____
7. Sitting quietly after lunch without alcohol.	_____
8. In a car, while stopped for a few minutes in traffic.	_____
	Total Score _____

Thank you for your cooperation.

The Epworth Sleepiness Scale Key

<10 suggests normal results.

>10 suggests further evaluation to determine the cause of excessive daytime sleepiness and whether an underlying sleep disorder is present