

THE 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 in recent times.

Even if you haven't done some of these things recently, try to work out how they would have affected you. Use the scale to choose the most appropriate number for each situation. Write the number you have chosen in the box to the right of the situation.

- 0 = Would *never* doze
- 1 = *Slight* chance of dozing
- 2 = *Moderate* chance of dozing
- 3 = *High* chance of dozing

Situation	Chance of Dozing (use the scale above)
Sitting and reading	<div></div>
Watching television	<div></div>
Sitting, inactive in a public place (e.g., a theatre or meeting)	<div></div>
As a passenger in a car for an hour without a break	<div></div>
Lying down to rest in the afternoon when circumstances permit	<div></div>
Sitting and talking to someone	<div></div>
Sitting quietly after a lunch without alcohol	<div></div>
In a car, while stopping for a few minutes in traffic	<div></div>
TOTAL	<div></div>