

Epworth Sleepiness Score

1) According to what others have told you, how often do you think you snore.

- 4 Always snore
- 3 Often snore
- 2 Sometimes snore
- 1 Rarely snore
- 0 Never snore

2) How often do you feel sleepy and want to fall asleep in the daytime?

- 4 Always sleepy
- 3 Often sleepy
- 2 Sometimes sleepy
- 1 Rarely sleepy
- 0 Never sleepy

3) How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just 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

Chances of dozing

Sitting and reading

Watching Television

Sitting inactive in a public place eg. Theatre, meeting

As a passenger in a car for an hour without a break

Lying down to rest in the afternoon when circumstances permit

Sitting quietly after lunch without alcohol

Sitting and talking to someone

In a car, while stopped for a few minutes in the traffic

Height Weight

Name Date.....