



## Epworth Sleepiness Scale

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see your physician to be evaluated for a sleep disorder.

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

- 0 = would *never* doze or sleep
- 1 = *slight* chance of dozing or sleeping
- 2 = *moderate* chance of dozing or sleeping
- 3 = *high* chance of dozing or sleeping

### Print out this form and fill out your answers

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting inactive in a public place \_\_\_\_\_

Being a passenger in a motor vehicle for an hour or more \_\_\_\_\_

Lying down in the afternoon \_\_\_\_\_

Sitting and talking to someone \_\_\_\_\_

Sitting quietly after lunch (no alcohol) \_\_\_\_\_

Stopped for a few minutes in traffic while driving \_\_\_\_\_

**Total score (add the scores up)** \_\_\_\_\_  
(This is your Epworth score)