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### Epworth Sleepiness Scale

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ DOB: \_\_\_\_\_

How likely are you doze off or fall asleep in the following situations? This refers to the usual way of life in recent times.

If you have not done some of these things recently, estimate how you might have reacted.

- 0- Would never doze
- 1- slight chance of dozing
- 2- moderate chance of dozing
- 3- High chance of dozing

#### Chance of Dozing Score

- \_\_\_ Sitting and reading
- \_\_\_ Watching TV
- \_\_\_ Sitting inactive in a public place (e.g. a theatre or meeting)
- \_\_\_ As a passenger in a car for an hour without a break
- \_\_\_ Lying down to rest in the afternoon when circumstances permit
- \_\_\_ Sitting and talking to someone
- \_\_\_ Sitting quietly after a lunch without alcohol
- \_\_\_ In a car while stopped for a few minutes in traffic

**Total:** \_\_\_\_\_

## INTERPRETING EPWORTH SLEEPINESS SCALE SCORES

**Normal, 0-10**

**Excessive daytime sleepiness (EDS) > 10**

**High Levels of EDS > 16**

Reference: Johns MW. A new method for measuring day time sleepiness: the Epworth sleepiness scale. *Sleep*. 1991, Dec; 14 (6) : 540-5.