

# FAMILY SLEEP DIAGNOSTICS

SAVING LIVES AND MARRIAGES

## EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale is used to assess a person's daytime sleepiness. 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 or sleep.
- 1 = *slight* chance of dozing or sleeping
- 2 = *moderate* chance of dozing or sleeping
- 3 = *high chance* of dozing or sleeping

Situation	Chance of Dozing
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place (ex: meeting, theater)	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down to rest in the afternoon if circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
	<b>Total</b> _____

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Date