

## Epworth Sleepiness Scale (ESS)

In the **LAST 30 DAYS**, 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. Circle/choose the most appropriate number for each situation.

	Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing
1. <b>Sitting and reading</b>	0	1	2	3
2. <b>Watching TV</b>	0	1	2	3
3. <b>As a passenger in a car for an hour without a break</b>	0	1	2	3
4. <b>Sitting inactive in a public place (theater, church)</b>	0	1	2	3
5. <b>Lying down to rest in the afternoon when circumstances permit</b>	0	1	2	3
6. <b>Sitting and talking to someone</b>	0	1	2	3
7. <b>Sitting quietly after lunch without alcohol</b>	0	1	2	3
8. <b>In a car while stopped for a few minutes in traffic</b>	0	1	2	3

My Total Score =

The ESS is a simple survey that you can take to measure your general level of sleepiness. A total score of more than 10 on the ESS suggests the need for further evaluation. It is important for your doctor to identify whether you have an underlying sleep disorder.