

The Epworth Sleepiness Scale

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 determine how they would affect you. Use the following scale to choose the most appropriate number for each situation.

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate change of dozing
- 3 = high chance of dozing

<u>Situation</u>	<u>Chance of Dozing</u>
1. Sitting and reading	___
2. Watching television	___
3. Sitting inactive in a public place (theater or meeting)	___
4. As a passenger in a car for an hour without a break	___
5. Lying down to rest in the afternoon when circumstances allow	___
6. Sitting and talking to someone	___
7. Sitting quietly after a lunch without alcohol	___
8. In a car, while stopped for a few minutes in traffic	___
Score	_____

A total score of 10 or more suggests you may need further evaluation by a physician to determine the cause of your daytime sleepiness and whether you have an underlying sleep disorder. For more information, contact the Metro Health Sleep Lab at (616) 252-7264.