

## Epworth Sleepiness Scale

Name: \_\_\_\_\_

Date: \_\_\_\_\_

D.O.B.: \_\_\_\_\_

Age: \_\_\_\_\_

**How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just 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 = NO chance
- 1 = SLIGHT chance
- 2 = MODERATE chance
- 3 = HIGH chance

Sitting and reading	0	1	2	3
Watching Television	0	1	2	3
Sitting inactive in a public place	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3
Sitting quietly after lunch	0	1	2	3

**Thank you for your cooperation.**

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