

Name _____

EPWORTH SLEEPINESS SCALE (ESS)

Using the rating scale below, rate each of the following statements as it best applies to you:

Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing	
0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sitting and reading
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Watching TV
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sitting inactive in a public place (e.g. theater or in a meeting)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Being in a car for an hour as a passenger (without a break)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Lying down to rest in the afternoon (when possible)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sitting and chatting to someone
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sitting quietly after lunch (not having had alcohol)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	In a car while stopped in traffic for a few minutes

Total Score

The Epworth Sleepiness Scale Key:

A total score of less than 10 suggests that you may not be suffering from excessive daytime sleepiness.

A total score of 10 or more suggests that you may need further evaluation by a physician to determine the cause of your excessive daytime sleepiness and whether you have an underlying sleep disorder.

*** Please Note** - true excessive daytime sleepiness is almost always caused by an underlying medical condition that can be easily diagnosed and effectively treated.

*Table based on ESS table devised by Dr. M. W. Johns Copyright 1991 (Source: Sleep 1991; 14(6): 540-545).