

Take the Test.....

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used by sleep professionals to measure sleepiness. Choose the most appropriate number for each situation and total your score. How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Use the following scale to choose the **most appropriate number** for each situation:

- 0 = would **never** doze
- 1 = **slight chance** of dozing
- 2 = **moderate chance** of dozing
- 3 = **high chance** of dozing

It is important that you answer each question as best you can.

Situation Chance of Dozing (0-3)

- Sitting and reading ____
- Watching TV ____
- Sitting, inactive in a public place (e.g. a theatre or a meeting) ____
- As a passenger in a car for an hour without a break ____
- Lying down to rest in the afternoon when circumstances permit ____
- Sitting and talking to someone ____
- Sitting quietly after a lunch without alcohol ____
- In a car, while stopped for a few minutes in the traffic ____

TOTAL = ____

IF YOUR SCORE IS :

LESS THAN 8: Normal sleep function

8 to 10: Mild sleepiness

11 to 15: Moderate Sleepiness

16 to 20: Severe Sleepiness

21 to 24: Excessive Sleepiness

If your score is above 10, you should contact your physician to see if you may benefit from a sleep disorder evaluation. He or she may refer you to our center.