

Epworth sleepiness scale

Rate the chance that you would doze off during the following 8 routine daytime situations.

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

Situation

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 lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total	

Score

0-10: Normal range

10-12: Borderline

12-24: Abnormal