

## Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. Use the following scale to choose the most appropriate number for each activity or situation.

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

Activity	Score
Sitting and Reading	_____
Watching TV	_____
Sitting inactive in a public place (theatre, meeting, etc.)	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
<b>Total</b>	_____

A score of 9 or above is considered sleepy and indicates you may not be obtaining adequate sleep and may need to see a sleep specialist. A score below 9 does not necessarily mean that you don't have a problem. You should see your physician or dentist for advice if you snore, awake gasping for breath or are sleepy during the day.