



Sleep Disorders Center
OF SW FLORIDA
Dedicated to the Treatment of Sleep and Pulmonary Disorders

THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to 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 = would **NEVER** doze
- 1 = **SLIGHT** chance of dozing
- 2 = **MODERATE** chance of dozing
- 3 = **HIGH** chance of dozing

Situation	Number
Sitting and reading	
Watching television	
Sitting, inactive in a public place (e.g. a theater 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 traffic	
Total number	

Name: _____

Date: _____