

Sleep Disorders Center of Santa Maria

DATE:

NAME:

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations?

Rate each description according to your normal way of life in recent times. Even if you have not been in some of these situations recently, try to determine how sleepy you would have been. Use the following scale to choose the best number for each situation:

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

Situation

Chance of Dozing

| | |
|-------------------------------------------------------------------|-------|
| Sitting and reading | _____ |
| Watching TV | _____ |
| Sitting inactive in a public place (e.g., a theater or meeting) | _____ |
| Sitting as a passenger in a car, for an hour without a break | _____ |
| Lying down to rest in the afternoon when your schedule permits it | _____ |
| Sitting and talking to someone | _____ |
| Sitting quietly after a lunch without alcohol | _____ |
| Sitting in a car, while stopped for a few minutes in the traffic | _____ |

Total _____/24