

THE EPWORTH SLEEPINESS SCALE

This scale was developed by Stanford University to help determine how sleepy patients are on a day-to-day basis. Please fill it out as honestly as you can, relating the situation to the chance of dozing off.

0 = no chance of dozing

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 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	_____

THE EPWORTH SLEEPINESS SCALE KEY

1 - 6	Congratulations, you are getting enough sleep!
7 - 8	Your score is average
9 and up	Please call our offices to schedule an appointment, or seek the advice of another sleep specialist as soon as you can.