

The Epworth Sleepiness Scale

Name: _____ Today's date: _____

Date of birth: _____

How likely are you to doze off or fall asleep in the situations listed below, in contrast to feeling just tired? This refers to your usual way of life in recent times.

Even if you haven't 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	Chance of dozing (0-3)
1. Sitting and reading	_____
2. Watching TV	_____
3. Sitting, inactive, in a public place (for example, in a movie theatre or meeting)	_____
4. As a passenger in a car for an hour without a break	_____
5. Lying down to rest in the afternoon, when permissible	_____
6. Sitting and talking to someone	_____
7. Sitting quietly after a meal without alcohol	_____
8. In a car, while stopped for a few minutes in traffic	_____

About the Epworth Sleepiness Scale

The Epworth Sleepiness Scale (ESS) was developed in 1990 by Dr. Murray Johns of Melbourne, Australia. He was the first person in Australia to earn a Ph.D. in sleep medicine and the first to start a private practice focused on sleep medicine. His interest in drowsiness led him to create the ESS. Since then, it's become a worldwide standard method for measuring a person's inclination to sleep during the day.

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Mail: U.S. Dept. of Health and Human Services. 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201

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Language Assistance Services and Alternate Formats, continued

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