



EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale is a questionnaire which is used to determine a person's level of daytime sleepiness. The Epworth Sleepiness Scale is based on your assessment of the likelihood of you falling asleep in certain situations commonly encountered in daily life. The questionnaire can be used to help diagnose sleep disorders such as sleep apnea.

How likely are you to doze off or fall asleep in the following situations in contrast to feeling just tired? This refers to your 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 - No chance of falling asleep
- 1 - Slight chance of falling asleep
- 2 - Moderate chance of falling asleep
- 3 - High chance of falling asleep

Situation	Chance of Falling Asleep			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (e.g. a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon as circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car while stopped for a few minutes in traffic	0	1	2	3

Epworth Scoring Results:

1 - 6 = Good. You're likely getting restful sleep.

7 - 9 = Okay. Your sleep could be improved, but you may not have sleep apnea.

10 or higher = Bad. You likely have a sleep disorder such as sleep apnea.