The Epworth Sleepiness Scale

Name: _____ **DOB**: _____

Date: _____

The Epworth Sleepiness Scale is used to determine the level of your daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your Advanced ENT physician at your next visit.

Use the following scale to choose the most appropriate number for each situation:

0 = would never doze or sleep
1 = slight chance of dozing or sleeping
2 = moderate chance of dozing or sleeping
3 = high chance of dozing or sleeping

A. Considering the above scale, Please score each question as it describes your symptoms:

SITUATION	CHANCE OF DOZING OR SLEEPING
1. Sitting and reading	
2. Watching TV	
3. Sitting inactive in a public space	
4. Being a passenger in a motor vehicle for an hour or more	
5. Lying down in the afternoon	
6. Sitting and talking to someone	
7. Sitting quietly after lunch (no alcohol)	
8. Stopped for a few minutes in traffic while driving	
Total score [Epworth Score]: (add the scores up)	