

Epworth Sleepiness Scale

EPWORTH SLEEPINESS SCALE

What is the Epworth sleepiness scale?The Epworth Sleepiness Scale is widely used in the field of sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of eight situations in which you rate your tendency to become sleepy on a scale of 0, no chance of dozing, to 3, high chance of dozing. When you finish the test, add up the values of your responses. Your total score is based on a scale of 0 to 24. The scale estimates whether you are experiencing excessive sleepiness that possibly requires medical attention.

How sleepy are you?How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently try to determine how they would have affected you. For each situation, decide whether or not you would have:0 = No chance of dozing1 = Slight chance of dozing2 = Moderate chance of dozing3 = High chance of dozingSelect the number corresponding to your choice in the right hand column. Total your score below.

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 when circumstances permit:

☐ 0 ☐ 1 ☐ 2 ☐ 3

Sitting and talking to someone:

☐ 0 ☐ 1 ☐ 2 ☐ 3

Sitting quietly after a lunch without alcohol:

☐ 0 ☐ 1 ☐ 2 ☐ 3

In a car, while stopped for a few minutes in traffic:

☐ 0 ☐ 1 ☐ 2 ☐ 3

Total score: _____

Scoring and interpretationThe total score can be interpreted as follows:0-5: Lower normal daytime sleepiness6-10: Higher normal daytime sleepiness11-12: Mild excessive daytime sleepiness13-15: Moderate excessive daytime sleepiness16-24: Severe excessive daytime sleepiness