



Ventura Pulmonary and Critical Care Medical Group

Epworth Sleepiness Scale

Name: _____

Date: _____ Age (YR): _____ Male Female

How likely are you to doze off or fall asleep in the situations described below, in contrast to just feeling 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 of each situation:

- 0** = would never
- 1** = slightly chance of dozing off
- 2** = moderate chance of dozing
- 3** = high chance of dosing

<i>Situation</i>	<i>Chance of dozing</i>
Sitting and reading.....	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Watching T.V.....	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Sitting, inactive in a public place (e.g. a theatre, in a meeting).....	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
As a passenger in a car for an hour without a break.....	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Lying down to rest in the afternoon when circumstances permit.....	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Sitting and talking to someone.....	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Sitting quietly after lunch without alcohol.....	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
In a car, while stopped for a few minutes in the traffic.....	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Total.....	<div style="border: 1px solid black; width: 100px; height: 30px; margin: 0 auto;"></div>

0-10 NORMAL
10-12 BORDERLINE
12-24 ABNORMAL