Epworth Sleepiness Scale

The Epworth Sleepiness Scale is a measurement of how likely are you to doze off or fall asleep in various situations, compared to feeling just tired. The Epworth Sleepiness Scale (below) was developed by researchers in Australia and is widely used by sleep professionals around the world to measure sleep deprivation (not getting enough sleep). Use the following number scale to choose the best match for each situation, and then add up your points.

- 0 = no chance of dozing.
- 1 = slight chance of dozing.
- 2 = moderate chance of dozing.
- 3 = high chance of dozing.

SITUATION

- Sitting and reading _____ (chance of dozing).
- Watching TV _____ (chance of dozing).
- Sitting inactive in a public place (for example a theater or a meeting) _____ (chance of dozing).
- As a passenger in a car for an hour without a break _____ (chance of dozing).
- Lying down to rest in the afternoon when circumstances permit _____ (chance of dozing).
- Sitting and talking to someone _____ (chance of dozing).
- Sitting quietly after a lunch without alcohol _____ (chance of dozing).
- In a car, while stopped for a few minutes in traffic _____ (chance of dozing).
- **Total Score: _____.**

THE EPWORTH SLEEPINESS SCALE KEY

- 1 - 6: Congratulations, you are getting enough sleep!
- 7 - 8: Your score is average.
- 9 and up: Seek the advice of a sleep specialist without delay.

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