

REGIONAL HEALTH DIAGNOSTICS, INC.
EPWORTH SLEEPINESS SCALE

Patient's Name: _____

Date: _____ Score: _____

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 the last three weeks. Even if you have not done some of these recently, try to work out how they would have affected you. Rate your chance of dozing in each situation.

SITUATION:

CHANCE OF DOZING:

Sitting and Reading

- 0-Would never doze
- 1-Slight chance of dozing
- 2-Moderate chance of dozing
- 3-High chance of dozing

Watching T.V.

- 0-Would never doze
- 1-Slight chance of dozing
- 2-Moderate chance of dozing
- 3-High chance of dozing

Sitting inactive in public place (theater, meeting, etc.)

- 0-Would never doze
- 1-Slight chance of dozing
- 2-Moderate chance of dozing
- 3-High chance of dozing

As a passenger in a car for a hour w/o a break

- 0-Would never doze
- 1-Slight chance of dozing
- 2-Moderate chance of dozing
- 3-High chance of dozing

Lying down to rest in the afternoon

- 0-Would never doze
- 1-Slight chance of dozing
- 2-Moderate chance of dozing
- 3-High chance of dozing

Sitting and talking to someone

- 0-Would never doze
- 1-Slight chance of dozing
- 2-Moderate chance of dozing
- 3-High chance of dozing

Sitting quietly after lunch without alcohol

- 0-Would never doze
- 1-Slight chance of dozing
- 2-Moderate chance of dozing
- 3-High chance of dozing

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

- 0-Would never doze
- 1-Slight chance of dozing
- 2-Moderate chance of dozing
- 3-High chance of dozing