

HOW SLEEPY ARE YOU?

Find Out by Taking the Epworth Sleepiness Scale Questionnaire

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? (Choose the one selection that best describes your chance of dozing off for each situation.)

0 = would never doze 3 = moderate chance of dozing
1 = slight chance of dozing 4 = high chance of dozing

<u>Situation</u>	<u>Your Chance of Dozing</u>
1. Sitting and reading	___
2. Watching TV	___
3. Sitting, inactive in a public place (example: in a theatre or at a meeting)	___
4. Riding as a passenger in a car for an hour without a break	___
5. Lying down to rest in the afternoon when circumstances permit	___
6. Sitting down and talking with someone	___
7. Sitting quietly after a lunch that did not include any alcoholic beverages	___
8. Sitting in a car while stopped for a few minutes at a traffic light	___
TOTAL UP YOUR POINTS	Total: ___

0 – 9 points: Suggests that you may not be suffering from excessive sleepiness

10 – 32 points: Suggests that you may need further evaluation by a physician to find the cause of your excessive sleepiness and whether you have an underlying sleep disorder.

Reference: Johns MW. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. *Sleep* 1991;14:540-545