THE EPWORTH SLEEPINESS SCALE: HOW LIKELY ARE YOU TO DOZE OFF?

Using the rating scale below, please indicate how likely you are to doze off in the following situations, as opposed to simply feeling tired:

**RATING SCALE**

<p>| | |</p>
<table>
<thead>
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<tbody>
<tr>
<td>0</td>
<td>Would never doze</td>
</tr>
<tr>
<td>1</td>
<td>Slight chance of dozing</td>
</tr>
<tr>
<td>2</td>
<td>Moderate chance of dozing</td>
</tr>
<tr>
<td>3</td>
<td>High chance of dozing</td>
</tr>
</tbody>
</table>

**SITUATIONS**

Sitting and reading  
Watching TV  
Sitting inactive in a public place  
Riding as a passenger in a car for hours without a break  
Lying down to rest/nap in the afternoon  
Sitting and talking with someone  
Sitting quietly after lunch (without alcohol)  
Sitting in a car while stopped for a few minutes  

**TOTAL**