

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

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

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 _____