

# Epworth Sleepiness Scale

Give a score for how likely you are to doze or fall asleep in each of these situations

- No chance of dozing: 0
- Slight chance of dozing: 1
- Moderate chance of dosing: 2
- High chance of dozing: 3

If you have not been in the situation recently, try and guess how you would have been affected  
Once done, add up all of the scores to find your total.

Situation	Score (0 to 3)
Sitting and reading	
Watching television	
Sitting inactive in a public place (eg a theatre or meeting)	
Sitting in a car as a passenger for 1 hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
Sitting quietly after a lunch (with no alcohol)	
In a car, stopped for a few minutes in traffic	
Total	

**Results:**

**0-7:** not abnormally sleepy  
**8-9:** average daytime sleepiness  
**10-15:** may be excessively sleepy  
**16-24:** excessively sleepy