



## Epworth sleepiness Scale

### Assessment of sleepiness

How likely are you to doze off or fall asleep in the situations described below, in contrast to just feeling tired?

This refers to your usual way of life in recent times even if you haven't done some of these things recently try to work out how they would have affected you.

Use the following scale to choose the most appropriate number for each situation:

0= would never doze

1= slight chance of dozing

2= moderate chance of dozing

3= high chance of dozing

#### Situation

#### Chance of dozing

Sitting and reading

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Watching TV

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Sitting inactive in a public place (ie theatre or meeting)

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As a passenger in a car for an hour without a break

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Lying down to rest in the afternoon when circumstances permit

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Sitting talking to someone

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Sitting quietly after lunch without alcohol

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

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Total Score

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