

The Epworth Sleepiness Scale

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

This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.

Answer the following questions about your sleep patterns:

1. Do you fall asleep while sitting and reading?
2. Do you fall asleep while watching TV?
3. Do you fall asleep while sitting inactive in a public place?
4. Do you fall asleep as a passenger in a car for an hour without a break?
5. Do you fall asleep while lying down to rest in the afternoon when circumstances permit?
6. Do you fall asleep while sitting and talking to someone?
7. Do you fall asleep while sitting quietly after a lunch without alcohol?
8. Do you fall asleep while in a car stopped for a few minutes in traffic?

If you answer “yes” to three or more questions we recommend that you consult your physician.