

EPWORTH SLEEPINESS SCALE
Sleep Disorders Center

Name: _____

This questionnaire is used to assess your sleepiness.

The word sleepiness has more than one meaning. Traditionally it means drowsiness, the intermediate state between alert wakefulness and sleep. However, in sleep medicine it has also come to mean sleep propensity – the probability, ease or speed of making the transition from alert wakefulness, through drowsiness, to sleep under a given set of circumstances. It is this latter meaning of the word sleepiness that this questionnaire relates to.

Please indicate the likelihood that you would fall asleep (experience sleepiness) in the following situations. 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

Watching TV

Sitting inactive in a public place (e.g. theater)

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

Lying down to rest in the afternoon when able

Sitting and talking to someone

Sitting quietly after lunch without alcohol

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

Total:

Thank you for your cooperation.

[Patient/Legal Representative]

[Date]

[Time]

A.M./P.M.

[If signed by other than patient, indicate relationship]

Ref: Johns MW: Sept 1992
15-376-381

PATIENT HEALTH HISTORY

PS 1711

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Patient Label



[2459]