

## Epworth Sleepiness Scale

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**

It is important that you answer each question as best you can.

Situation	Chance of dozing 0 = low 1 = slight chance 2 = moderate chance 3 = high chance
Sitting and reading	
Watching TV	
Sitting in a public place such as theatre/cinema or in a meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances allow	
Sitting and talking to someone	
Sitting quietly after lunch with having drunk alcohol	
In a car or bus while stopped for a few minutes in traffic	
<b>TOTAL</b>	

### What does my score mean?

Talk to your GP about your circumstances. Scores can be interpreted as follows:

- 0-5** lower normal daytime sleepiness
- 6-10** normal daytime sleepiness
- 11-12** mild excessive daytime symptoms
- 13-15** moderate excessive daytime symptoms
- 16-24** severe excessive daytime symptoms

You may find it helpful to print this form, complete it and take with you to discuss with your GP.