



Epworth Sleepiness Scale

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? Even if you have not 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.

How likely are you to fall asleep in the following situations?

- 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 television	_____
Sitting, inactive, in a public place (theater, meeting)	_____
As a passenger in a car for an hour with no break	_____
Lying down to rest in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch, without alcohol	_____
In a car while stopped for a few minutes in traffic?	_____

Total Score: _____

Have you had a sleep study? _____

Do you own a CPAP? _____ **If so, do you use it nightly** _____

Print Name: _____

Signature: _____ **Date:** _____