

Epworth Sleepiness Scale Self-Evaluation

The following questionnaire will help you assess general level of your daytime sleepiness. You are to rate the chance that you would doze off or fall asleep during different routine daytime situations, in contrast to just feeling tired. Answers to the questions are rated on a relative scale called the Epworth Sleepiness Scale. Each item is rated from 0 to 3, with 0 meaning you would never doze or fall asleep in a given situation, and 3 meaning that there is a very high chance that you would doze or fall asleep in that situation. Even if you haven't done some of these activities recently, think about how they would have affected you.

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

0 = would never doze 2 = moderate chance of dozing

1 = slight chance of dozing 3 = high chance of dozing

It is important that you circle a number (0 to 3) on each of the question.

Situation	Chance of dozing (0 - 3)			
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place—for example, a theater or meeting	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch(when you've had no alcohol)	0	1	2	3

Now that you have completed the questionnaire, it is time to score your results and evaluate your own level of daytime sleepiness. It's simple: add all the numbers you circled to get your total score.

The Epworth Sleepiness Scale key

- Score of less than 10 suggests that you may not be suffering from excessive day time sleepiness.
- Score of 10 or more suggests that you may have excessive day time sleepiness and need further evaluation by a physician to determine the cause of your excessive day time sleepiness and whether you have an underlying sleep disorder.

Next steps

- This scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which is symptom of many sleep disorders.
- If your score is 10 or more please share this information with your physician. Be sure to describe all your symptoms, as clearly as possible, to aid in your diagnosis and treatment.
- It is important to remember that true excessive daytime sleepiness is almost caused by an underlying medical condition that can be easily diagnosed and effectively treated.