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Epworth Sleepiness Scale

Name _____

Date: _____

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

- 0 = would *never* doze or sleep
- 1 = *slight* chance of dozing or sleeping
- 2 = *moderate* chance of dozing or sleeping
- 3 = *high* chance of dozing or sleeping

Situation	Chances of Dozing or Sleeping
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public area	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
As a driver in a car, while stopped for a few minutes in traffic	_____
Total Score (add the scores up)	_____
(This is your Epworth score)	

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep habits and / or need to see a sleep specialist. These issues should be discussed with your personal physician.