Name:		Date:
Epworth Sleepiness Scale		
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 wa	ay of life in recent times.	
Even if you haven't done so affected you.	ome of these things recently, try to work	out how they would have
Use the following scale to choose the <b>most appropriate number</b> for each situation:		
	0 = would <b>never</b> doze 1 = <b>slight chance</b> of dozing 2 = <b>moderate chance</b> of dozing 3 = <b>high chance</b> of dozing	
It is important that you answer each question as best you can.		
Situation		Chance of Dozing (0-3)
Sitting and reading		
Watching TV		
Sitting, inactive in a public place (e.g. a theatre or a meeting)		
As a passenger in a car for an hour without a break		
Lying down to rest in the afternoon when circumstances permit		
Sitting and talking to someone		
Sitting quietly after a lunch without alcohol		-
In a car, while stopped for a fe	ew minutes in the traffic	

## **Scoring the Epworth Sleepiness Scale (ESS)**

In scoring the ESS, each item is rated on a 4-point scale from 0 = would never doze to 3 = high chance of dozing. The item scores are summed to produce a total score (range 0 - 24).

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