



## 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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Citation: Johns MW: A new method of measuring daytime sleepiness: the Epworth Sleepiness Scale. *Sleep* 14:540-545, 1991.