

## THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, not just feeling tired? Use the scale to choose the most appropriate number for each situation. Write the number you have chosen in the box to the right of the situation.

- 0 = Would **never** doze / fall asleep  
1 = **Slight** chance of dozing / fall asleep  
2 = **Moderate** chance of dozing / fall asleep  
3 = **High** chance of dozing / fall asleep

SITUATION	CHANCE OF DOZING (use the scale above)
Sitting and reading	_____
Watching the television	_____
Sitting, inactive in a public place (eg a theatre or 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 stopping for a few minutes in traffic	_____
	TOTAL _____

### Note

A total score greater than 10 is considered abnormal

A total score greater than 16 indicates pathological daytime sleepiness

Reference: [www.bpac.org.nz](http://www.bpac.org.nz)