

## Epworth sleepiness score sheet

Date:

This questionnaire helps us to assess how readily you may fall asleep in various situations. Please rate your chances of dozing on a scale of 0-3 with the following guidelines

- 0 never doze
- 1 slight chance of dozing
- 2 moderate chance of dozing
- 3 high chance of dozing

Situation	Chance of Dozing			
Sitting and reading_____	0	1	2	3
Watching TV_____	0	1	2	3
Sitting inactive in a public place (theatre, meeting, etc)___	0	1	2	3
A passenger in a car for 1 hour_____	0	1	2	3
Lying down in the afternoon (if circumstances permit)___	0	1	2	3
Sitting talking to someone_____	0	1	2	3
Sitting quietly after lunch_____	0	1	2	3
In a car whilst stopped in traffic or at traffic lights_____	0	1	2	3
<b>Total score</b> _____				

(Johns MW Sleep 1991, (14) 40)

0-10 normal  
12+ suspicious