

## Epworth Sleepiness Scale

**The Epworth Sleepiness Scale (ESS) measures your general level of sleepiness. Your score can help you start a conversation with your doctor about excessive sleepiness (ES) and underlying causes of ES such as obstructive sleep apnea (OSA), shift work disorder (SWD), and narcolepsy.**

Rate the chance that you would doze off during the following 8 routine daytime situations.

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

### Situation

### Chance of dozing

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 few minutes in the traffic .....

Total .....


Score:	
0-10	Normal range
10-12	Borderline
12-24	Abnormal