

Sleep Disorder Center

Sleep-Related Tests & Quizzes

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/ or need to see a sleep specialist. These issues should be discussed with your personal physician.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would never doze or sleep.
- 1 = *slight* chance of dozing or sleeping.
- 2 = *moderate* chance of dozing or sleeping.
- 3 = *high* chance of dozing or sleeping

<u>Situation</u>	<u>Chance of Dozing or Sleeping</u>
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in a traffic while driving	_____
Total score (add the scores up) (This is your Epworth score)	_____