

THE EPWORTH SLEEPINESS SCALE

DOZING SCALE

0 = no chance

1 = slight chance

2 = moderate chance

3 = high chance

SITUATION

CHANCE OF DOZING (0-3)

| | |
|--|--|
| Sitting and reading | |
| Watching TV | |
| Sitting inactive in a public place (e.g. a theater 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 | |

SCORING:

Add up your numbers.

1-6 = You are getting enough sleep.

7-8 = Average score.

9+ = Seek out advice from a sleep physician.