



# Epworth Sleepiness Scale

The Epworth Sleepiness Scale was developed to measure the level of daytime sleepiness in individuals and is one of the most common tools used to help screen for sleep problems.

Please rate how likely you are to doze or fall asleep in the following situations by selecting the response that best applies. If you have not done some of these activities recently, select what would most likely happen if you were in that situation.

<b>0</b> Would <i>never</i> doze	<b>1</b> <i>Slight</i> chance of dozing	<b>2</b> <i>Moderate</i> chance of dozing	<b>3</b> <i>High</i> chance of dozing
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	Chance of Dozing			
	0	1	2	3
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place (eg, a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

Total Score:

## Interpreting Epworth Sleepiness Scale Scores

Normal	EDS*	High Levels of EDS*
0-10	Greater than 10	Greater than 16

\* EDS = Excessive daytime sleepiness. See 1) Johns M, Hocking B. Excessive daytimes sleepiness: daytime sleepiness and sleep habits of Australian workers. *Sleep*. 1997;20(10):844-849 and 2) Johns MW. A new method for measuring daytime sleepiness: the Epworth sleepiness scale. *Sleep*. 1991;14(6):540-545.