



EPWORTH SLEEPINESS SCALE FORM Instructions: Be as truthful as

possible. Print the form. Read the situation in the first column; select your response from the second column; enter that number in the third column. Total all of the entries in the third column and enter the total in the last box.

Chance of Dozing/Falling Asleep	0 = No chance of dozing 1 = Slight chance of dozing 2 = Moderate chance of dozing 3 = High chance of dozing	YOUR SCORE
Sitting and reading		
Watching TV		
Sitting inactive in a public place (theatre/meeting)		
As a passenger in a car for an hour without a break		
Lying down in the afternoon when circumstances permit		
Sitting and talking to someone		
Sitting quietly after lunch without alcohol		
In a car, while stopped for a few minutes in traffic		
TOTAL SCORE		

Points: 1—6 Looks like you are getting enough sleep.

7—8 Average, but you are displaying signs of excessive sleepiness

10 + You are sleepy

15 + You are dangerously sleepy.

If your score is above 12 and there is no appreciable improvement after 2 weeks of 8 hours of sleep per night, you should consult your GP and/or a Sleep Specialist.

DISCLAIMER: While every effort is made to ensure medical accuracy, this paper should not be used to diagnose or treat a sleep disorder. In all cases the advice of a properly qualified medical practitioner should be sought.

The Sleep Disorder Support Foundation and/or The Irish Sleep Apnoea Trust, its officers or committee members cannot be held liable for any errors.