

REM DIAGNOSTICS
Specialists in Sleep Diagnostics

THE EPWORTH SLEEPINESS SCALE

Name: _____

Date: _____ Your Age: _____ Sex: _____

How likely are you to doze off or fall asleep in the following situations in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.

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

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

SITUATION	CHANCE OF DOZING
1. Sitting and reading	_____
2. Watching TV	_____
3. Sitting, inactive in a public place (such as in a theatre or meeting)	_____
4. As a passenger in a car for an hour without a break	_____
5. Lying down to rest in the afternoon when Circumstances permit	_____
6. Sitting and talking to someone	_____
7. Sitting quietly after a lunch without alcohol	_____
8. In a car, while stopped for a few minutes in traffic	_____
TOTAL	_____