

EPWORTH SLEEPINESS SCALE (ESS)

Find out now if your daytime sleepiness is excessive.

It's easy, The Epworth Sleepiness Scale has 8 routine daytime situations that you rate on a scale from 0 to 3, based on your likelihood of dozing off or falling asleep in each situation. Write the number that corresponds with your answer for each situation in the "My score" box. Then add up your score, and share the results with your doctor.

Situation	Would Never Doze	Slight Chance of dozing	Moderate chance of dozing	High chance of dozing	My Score
Sitting and Reading	0	1	2	3	
Watching Television	0	1	2	3	
Sitting inactive in a public place - for example, a theater or meeting	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 lunch without alcohol	0	1	2	3	
In a car, while stopped for a few minutes in traffic	0	1	2	3	
As a passenger in a car for an hour without a break	0	1	2	3	

TOTAL

The ESS is a simple survey that you can take to measure your general level of sleepiness. A total score of 10 or more on the ESS suggests the need for further evaluation. It is important for your doctor to identify if you have an underlying sleep disorder.