

Eastlake Sleep Center
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THE EPWORTH SLEEPINESS SCALE

Name: _____

Age: _____

Sex: M F

Date: _____

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 effect you. Use the following scale to choose the most appropriate number of each situation:

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

<u>Situation</u>	Chance of Dozing
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. a theatre or a meeting)	_____
As passenger in a car for an hour without break	_____
Lying down to rest in the afternoon when the 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

Thank you for your cooperation!