

## The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling 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.

- |   |     |   |    |
|---|-----|---|----|
| 1) Have you ever been told you snore?             | Yes | / | No |
| 2) Have you ever been diagnosed with sleep apnea? | Yes | / | No |
| 3) Do you have a CPAP?                            | Yes | / | No |
| 4) If you have a CPAP, do you wear it?            | Yes | / | No |

|                         |
|-------------------------|
| 0 = no chance of dozing |
|-------------------------|

|                               |
|-------------------------------|
| 2 = moderate chance of dozing |
|-------------------------------|

|                             |
|-----------------------------|
| 1 = slight chance of dozing |
|-----------------------------|

|                           |
|---------------------------|
| 3 = high chance of dozing |
|---------------------------|

| SITUATION   | CHANCE OF DOZING |
|---|------------------|
| Sitting and Reading   |                  |
| Watching TV   |                  |
| Sitting inactive in a public place (e.g. theater, meeting, lecture) |                  |
| As a passenger in a car for an hour w/out a break                   |                  |
| Lying down to rest in the afternoon when circumstances permit       |                  |
| Sitting and talking to someone                                      |                  |
| Sitting quietly after a lunch without alcohol                       |                  |
| In a car, while stopped for a few minutes in traffic                |                  |
| <b>Total</b>  |                  |

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