

# *Epworth Sleepiness Scale*

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and /or need to see a sleep specialist. These issues should be discussed with your personal physician.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Scale:**

- 0=No chance of dozing
- 1=Slight chance of dozing
- 2=Moderate chance of dozing
- 3=High chance of dozing

Situation	Chance of Dozing			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (i.e. theater, meeting, etc)	0	1	2	3
As a passenger in a car for an hour without a break	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 a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3
<b>Total Epworth Score</b>	<b>/24</b>			



**St. Margaret's Health**

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*SMP Health System*