



Greyfriars Medical Centre

33-37 Castle Street, DG1 1DL, Dumfries

T: 01387 257 752

Name:.....

Date of Birth:

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in comparison to feeling just tired? This refers to your usual way of life in recent times. Even if you haven't 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
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g., a theater or a meeting)	
As a passenger in a car for an hour without 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	
Total Score =	

Interpretation:

- 0 - 10 Normal
- 10 - 12 Borderline
- 12 - 24 Abnormal