

**THE EPWORTH SLEEPINESS SCALE**

The Epworth Sleepiness Scale (ESS) was developed and validated by Dr. Murray Johns of Melbourne, Australia. It is a simple, self-administered questionnaire which is widely used by sleep professionals in quantifying the level of daytime sleepiness. (Johns MW A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. Sleep 1991; 12(6):540-5)

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

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 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

<u>SITUATION</u>	<u>CHANCE OF DOZING</u>
- Sitting and reading	_____
- Watching TV	_____
- Sitting, inactive in a public place (e.g. a theatre 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 lunch without alcohol	_____
- In a car, while stopped for a few minutes in traffic	_____
<b>Total Score:</b>	_____