



Hackensack Sleep & Pulmonary Center
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THE EPWORTH SLEEPINESS SCALE

Name _____

Today's Date _____

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

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

SITUATION

CHANCE OF DOZING

Watching TV

Sitting and Reading

Sitting inactive in a public place (ex: a theatre or meeting)

As a passenger in a car for an hour without break

Lying down to rest in the afternoon when circumstances permit

Sitting quietly after lunch without alcohol

In a car while stopped for a few minutes in traffic

Sitting and talking to someone

TOTAL SCORE

SIGNATURE: _____

DATE: _____