

## Epworth Sleepiness Scale (ESS)

The following questionnaire will help you measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS) – the same assessment tool used by sleep experts worldwide.

Each item describes a routine daytime situation. Use the scale below to rate the likelihood that you would doze off or fall asleep (in contrast to just feeling tired) during that activity. If you haven't done some of these things recently, consider how you think they would affect you.

Please note that this scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which can be a symptom of a sleep disorder.

Use the following scale to choose the most appropriate number for each situation:

- |                             |                               |
|-----------------------------|-------------------------------|
| 0 = no chance of dozing     | 2 = moderate chance of dozing |
| 1 = slight chance of dozing | 3 = high chance of dozing     |

	Chance of dozing			
	0	1	2	3
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place such as a theatre or a meeting	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	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

My score is: \_\_\_\_\_

If your score is less than 6 points, congratulations! You are getting enough sleep!

If you scored 6 to 9 points, you are sleepy and should make some lifestyle changes to ensure 8 hours of sleep every night.

If your total score is 10 or higher, consider discussing these results with your physician or other health-care provider. You might also wish to seek Hammond-Henry Sleep Disorder Center services for an accurate diagnosis and, if appropriate, effective treatment of a sleep disorder.