

The *Epworth Sleepiness Scale* is useful in determining a person's level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test you should consider whether you are getting proper rest.

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

- 0 = would never doze or sleep
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping

Situation	Chance of dozing or sleeping
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Riding in a car for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch	
Stopped for a few minutes in traffic while driving	
Total Score	
	This is your Epworth score