

How Sleepy are you?









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:

Assessment

0	1	2	3
no chance of dozing	slight chance of dozing	moderate chance of dozing	high chance of dozing
Sitting and reading		Chance of dozing: _____	
Watching TV		Chance of dozing: _____	
Sitting inactive in a public place, (e.g. a theater or meeting)		Chance of dozing: _____	
As a passenger in a car for an hour without a break		Chance of dozing: _____	
Lying down to rest in the afternoon when circumstances permit		Chance of dozing: _____	
Sitting and talking to someone		Chance of dozing: _____	
In a car, while stopped for a few minutes in traffic		Chance of dozing: _____	
Sitting quietly after a lunch without alcohol		Chance of dozing: _____	

Total Your Score

_____ If your total score is 10 or higher, consider discussing these results with your physician or other healthcare provider. You might also wish to seek sleep services in your community for an accurate diagnosis and, if appropriate, effective treatment of an underlying sleep disorder. Keeping a sleep diary for one week or longer can help you identify any behaviors (not allowing enough time for sleep, inconsistent sleep schedules) that might contribute to your sleepiness. Sharing your symptoms as well as the results of the Epworth Sleepiness Scale and a sleep diary with your doctor can aid in your diagnosis and treatment of any underlying causes.

Used with permission. Johns MW. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. Sleep 1991; 14:540-5.

For more information on improving your sleep, call **402-219-8742**