

# Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations?  
Answer considering how you have felt over the past week or so.

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

1. Sitting and reading

2. Watching TV

3. Sitting inactive in a public place (e.g., theater or meeting)

4. As a passenger in a car for an hour without a break

5. Lying down to rest in the afternoon when able

6. Sitting and talking to someone

7. Sitting quietly after a lunch without alcohol

8. In a car while stopped for a few minutes in traffic