



**Instructions:** Be as truthful as possible. Read the situation in the first column, and mark the answer in the second column that best corresponds. Total your score, and turn in to front desk, prior to seeing the physician. ☺

## THE EPWORTH SLEEPINESS SCALE

Situation	Chances of Dozing
<b>Sitting and Reading</b>	<b>0 = would never doze</b> <b>1 = slight chance of dozing</b> <b>2 = moderate chance of dozing</b> <b>3 = high chance of dozing</b>
<b>Watching Television</b>	<b>0 = would never doze</b> <b>1 = slight chance of dozing</b> <b>2 = moderate chance of dozing</b> <b>3 = high chance of dozing</b>
<b>Sitting inactive in a public place, for example: a theater or a meeting</b>	<b>0 = would never doze</b> <b>1 = slight chance of dozing</b> <b>2 = moderate chance of dozing</b> <b>3 = high chance of dozing</b>
<b>As a passenger in a car for an hour without a break</b>	<b>0 = would never doze</b> <b>1 = slight chance of dozing</b> <b>2 = moderate chance of dozing</b> <b>3 = high chance of dozing</b>
<b>Lying down to rest in the afternoon</b>	<b>0 = would never doze</b> <b>1 = slight chance of dozing</b> <b>2 = moderate chance of dozing</b> <b>3 = high chance of dozing</b>
<b>Sitting and talking to someone</b>	<b>0 = would never doze</b> <b>1 = slight chance of dozing</b> <b>2 = moderate chance of dozing</b> <b>3 = high chance of dozing</b>
<b>Sitting quietly after lunch</b>	<b>0 = would never doze</b> <b>1 = slight chance of dozing</b> <b>2 = moderate chance of dozing</b> <b>3 = high chance of dozing</b>
<b>While Playing Video Games</b>	<b>0 = would never doze</b> <b>1 = slight chance of dozing</b> <b>2 = moderate chance of dozing</b> <b>3 = high chance of dozing</b>

<b>Total Score</b>	
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