



Adelaide Institute for Sleep Health



THE EPWORTH SLEEPINESS SCALE

Name _____

Today's Date: _____ Your age (Years): _____

Your Gender: (M= Male; F= Female) _____

How likely are you to fall asleep in the following situation, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. Use the following scale to choose the *most appropriate number* for each situation:

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

Situation:	Chance of dozing
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place (eg theatre or meeting)	_____
A passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car, while stopped for a few minutes in the traffic	_____