

# Epworth Sleepiness Scale



Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_ Female: \_\_\_

**Do you have a history of:**

Hypertension/Stroke . . . . . **Yes:** \_\_\_\_\_ **No:** \_\_\_\_\_

Heart Disease . . . . . **Yes:** \_\_\_\_\_ **No:** \_\_\_\_\_

Diabetes . . . . . **Yes:** \_\_\_\_\_ **No:** \_\_\_\_\_

The Epworth Sleepiness Scale is a simple, self-administered questionnaire which will provide a measurement of your general level of daytime sleepiness. Please use the scale below to rate your level of sleepiness in each given situation.

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life. Even if you have not done some of these things recently, try to think about how they would affect you now.

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

<b>Situation</b>	<b>Chance of Dozing</b>
Sitting and reading . . . . .	<input type="text"/>
Watching TV . . . . .	<input type="text"/>
Sitting, inactive in a public place (e.g. a theatre or a meeting) . . . . .	<input type="text"/>
As a passenger in a car for an hour without a break . . . . .	<input type="text"/>
Lying down to rest in the afternoon when circumstances permit . . . . .	<input type="text"/>
Sitting and talking to someone . . . . .	<input type="text"/>
Sitting quietly after a lunch without alcohol . . . . .	<input type="text"/>
In a car, while stopped for a few minutes in the traffic . . . . .	<input type="text"/>
<b>Total</b> . . . . .	<input type="text"/>

Total the scores to determine the severity of daytime sleepiness. A score of 10 or greater may indicate the need for a sleep study. Discuss the results with your physician or call MERIT at **888-637-4848** to speak with a sleep expert. ***Don't wait! A simple sleep study can determine if your health is at risk!***