

Epworth Sleepiness Scale

Sleepiness can be measured objectively in the laboratory and subjectively by autoquestionnaire. Objective sleepiness is measured by the maintenance of wakefulness test (MWT) and requires polysomnography. Usually, subjective sleepiness is measured by the Epworth Sleepiness Scale (ESS). The ESS is a simple and short duration tool assessing the probability of falling asleep in various situations.

How likely are you to doze off or fall asleep during the following situations, in contrast to just feeling tired? If a situation never or rarely occurs, give your best guess for that situation. It is important that you answer each question as best you can.

Sleepiness Scale (0 to 3)

0 = Would never doze	1 = Slight chance of dozing
2 = Moderate chance of dozing	3 = High chance of dozing

Sitting and Reading	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Watching TV	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting Inactive in a public place	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Being in a car for an hour as a passenger	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Lying down to rest in the afternoon	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting and chatting with someone	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting quietly after a meal	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
In a car when you stop in traffic for a few minutes	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

Epworth Score

Understanding your score

Below 10: you have a **healthy level** of daytime sleepiness in comparison to the general population

Between 10 and 17: you have an **excessive level** of daytime sleepiness compared to the general population which may require further attention. You should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and consult your doctor for further medical help

Between 18 and 24: you have a **very high level** of excessive daytime sleepiness and it is vital that you consult your doctor for further medical help

(The Epworth sleep test does not prove or disprove that you have a sleep related problem as many factors contribute to excessive sleepiness, and this is just an indication of whether further investigation is required. Please take notice of the results and consult your doctor if your score is high)

DATE: