



EPWORTH Sleepiness Scale

Name _____ Age _____ Date _____

Total Score _____

This questionnaire was developed to determine the level of daytime sleepiness in individuals. It has become one of the most frequently used methods for determining a person's average level of daytime sleepiness.

Please rate how likely you are to doze or fall asleep in the following situations by selecting the response that best applies (circle corresponding number in table below). If you have not done some of these activities recently, select what would most likely happen if you were in that situation.

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

	Chance of Dozing			
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place (eg, a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

Interpreting Epworth Sleepiness Scale Total Scores ^{1,2}		
Normal	Excessive Daytime Sleepiness (EDS)	High Levels of EDS
0-10	>10	>16

Sources:

- Johns M, Hocking B. Excessive daytime sleepiness: daytime sleepiness and sleep habits of Australian workers. Sleep. 1997;20(10):844-849.
- Johns MW. A new method for measuring daytime sleepiness: the Epworth sleepiness scale. Sleep. 1991;14(6): 540-545. This copyrighted material is used with permission granted by the Associated Professional Sleep Societies—April 2018.