

# Epworth Sleepiness Scale



The Epworth Sleepiness Scale is a measurement of how likely are you to doze off or fall asleep in various situations, compared to feeling just tired. The Epworth Sleepiness Scale (below) was developed by researchers in Australia and is widely used by sleep professionals around the world to measure sleep deprivation (not getting enough sleep). Use the following number scale to choose the best match for each situation, and then add up your points.

- 0 = no chance of dozing
- 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 (for example a theater or a meeting)	_____
As 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 a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____

## Total Score

### THE EPWORTH SLEEPINESS SCALE KEY

- 1 - 6      Congratulations, you are getting enough sleep!
- 7 - 8      Your score is average.
- 9 and up    You may have sleep apnea which may significantly impact your health if untreated.

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