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### EPWORTH SLEEPINESS SCALE (ESS)

The ESS assists in the evaluation of the level of daytime sleepiness. A score of 10 or higher is considered sleepy. Equal to or more than 18 is considered very sleepy. There are many reasons why people are sleepy, not just tired, such as not enough sleep, poor quality sleep, medications or pain that interferes with sleep and so on. This scale 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.

To use this scale, choose the number from the list below that best applies to each of the situations on the scale. Write in the number on the line by the situation and then when all situations are filled in add up the numbers to get the total ESS score.

- 0 = would *never* doze or sleep  
1 = *slight* chance of dozing or sleeping  
2 = *moderate* chance of dozing or sleeping  
3 = *high* chance of dozing or sleeping

Situation	Chance of dozing or sleeping
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
<b>Total score</b> (add the scores up) = <b>ESS score</b>	_____