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## **PEDIATRIC EPWORTH SLEEPINESS SCALE (ESS)**

How likely is your child to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to their usual way of life in recent times. Even if they have not done some of these things recently try to imagine how it would have affected them.

Use the following scale to choose the most appropriate number for each situation:

- 0 = Would never doze or sleep
- 1 = Slight chance of dozing or sleeping
- 2 = Moderate change of dozing or sleeping
- 3 = High chance of dozing or sleeping

- \_\_\_\_\_ 1. Sitting and reading
- \_\_\_\_\_ 2. Watching TV
- \_\_\_\_\_ 3. Sitting inactive in a public place
- \_\_\_\_\_ 4. Being a passenger in a motor vehicle without a break
- \_\_\_\_\_ 5. Lying down in the afternoon when circumstances permit
- \_\_\_\_\_ 6. Sitting and talking to someone
- \_\_\_\_\_ 7. Sitting quietly after lunch
- \_\_\_\_\_ 8. Doing homework or taking a test

**Total score** \_\_\_\_\_

**A total score of 10 or more indicates that your child is sleepy. Please discuss this questionnaire with your child's health care provider.**

Reference: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. Sleep 1991; 14(6):540-5.