



Epworth Sleepiness Scale

Please fill in this questionnaire as to how you feel most days in the following situations, as to the likelihood of you dozing off. Even if you have not done some of these things recently, try estimating how they may have affected you. Use the following scale to work out your scores:-

- 0 = Would **NEVER** doze.
- 1 = **SLIGHT CHANCE** of dozing.
- 2 = **MODERATE CHANCE** of dozing.
- 3 = **HIGH CHANCE** of dozing.

Sitting and reading	
Watching television	
Sitting inactive in a public place, (eg in a meeting or theatre)	
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 lunch without alcohol	
In a car, whilst stopped for a few minutes in traffic	
TOTAL SCORE	

0-10 = Normal Range	10-12 = Borderline	12-24 = Abnormal
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The Questionnaire contact information and permission to use: Mapi Research Trust, Lyon, France
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