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NEUROLOGY & SLEEP MEDICINE

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RATE YOUR SLEEPINESS (EPWORTH SCALE)

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How likely are you to doze off or fall asleep in the following situations in contrast to just feeling tired?

0= would never

1=slight chance of dozing

2=moderate chance of dozing

3=high chance of dozing

Estimate your chance of dozing in the following situations:

- Sitting and reading: 0 1 2 3
- Watching TV: 0 1 2 3
- Sitting inactive in a public place (theater): 0 1 2 3
- Passenger in a car for an hour without a break: 0 1 2 3
- Lying down to rest in the afternoon: 0 1 2 3
- Sitting and talking 0 1 2 3
- Sitting quietly after lunch: 0 1 2 3
- In a car, while stopped for a few minutes in traffic: 0 1 2 3

A score of 10 or greater suggests you may have a higher chance of a sleep disorder.