

**DAYTIME SLEEPINESS EVALUATION****EPWORTH SLEEPINESS SCALE**

The Epworth Sleepiness Scale was developed and validated by Dr. Murray Johns of Melbourne, Australia. It is a simple, self-administered questionnaire – widely used by sleep professionals in quantifying the level of daytime sleepiness.

**For the following situations, answer with one of the following numbers:**

- 0 - Would never doze**
- 1 - Slight chance of dozing**
- 2 - Moderate chance of dozing**
- 3 - High chance of dozing**

<b>SITUATION</b>	<b>SCORE</b>
Sitting and reading	
Watching Television	
Sitting, inactive in a public place	
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	
<b>TOTAL SCORE</b>	