

# HEALTH ANALYSIS

## Epworth Sleepiness Scale (ESS)

The following questionnaire will help measure your general level of daytime sleepiness. You are to rate the chance that you would *doze off or fall asleep* during routine daytime situations. Each action is rated from 0 to 3; never *dozing or falling asleep* in a given situation (0) and the very high chance of *dozing or falling asleep* in that situation (3). In contrast to just feeling tired, how likely are you to *doze off or fall asleep* in the following situations? If you haven't done some of the activities recently, think about how they would have affected you in the past.

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

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

### SITUATION

### CHANCE OF DOZING

Sitting and Reading	0	1	2	3
Watching Television	0	1	2	3
Sitting Inactive in a Public Place (Theater/Meeting)	0	1	2	3
Riding in a Vehicle for an Hour or More	0	1	2	3
Lying Down to Rest in the Afternoon	0	1	2	3
Sitting and Talking to Someone	0	1	2	3
Sitting Quietly After Lunch (No Alcohol)	0	1	2	3
Waiting in Stopped Traffic	0	1	2	3

Total Score \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

