

The Epworth Sleepiness Scale

Click in the drop down boxes below to select the options for you and your partner. As you click off each box and onto the next one, your score will be calculated at the bottom. Click off the final box to give you the final score.

| Situation | Chance of dozing | |
|---|------------------|---------------------------------|
| | Patient | Partner's assessment of patient |
| Sitting and reading | | |
| Watching TV | | |
| Sitting, inactive in a public place (e.g. a theatre or a meeting) | | |
| 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 the traffic | | |
| Your score | | |

What does my score mean?

0–2 Unusually low

3–9 Normal

9+ suggests excessive daytime tiredness/sleepiness