Epworth Sleepiness Scale

Patient Name: _____   Date: _____/_____/_____   M or F

Height: _____ft._____in.   Weight:_____lbs.   D.O.B. _____/_____/_____   Age: _____

Please answer the following questions to the best of your ability

Do you snore at night?	Yes	No	Occasionally
If yes, how would you rate the severity? *Mild* *Moderate* *Severe*			
Have you been told that you have pauses in your breathing while asleep?	Yes	No	Occasionally
Do you have difficulty falling asleep at the beginning of the night?	Yes	No	Occasionally
Do you have difficulty staying asleep throughout the night?	Yes	No	Occasionally
Do you experience a restless sensation in your legs while lying in bed?	Yes	No	Occasionally
Have you been told that you make kicking and twitching movements while asleep?	Yes	No	Occasionally
Do you feel drowsy when driving?	Yes	No	Occasionally
Do you experience excessive tiredness during the day?	Yes	No	Occasionally
Do you occasionally awaken feeling paralyzed?	Yes	No	Occasionally
Do you experience sudden loss of strength in your legs or arms during the day?	Yes	No	Occasionally
If yes, are these brought on by a sudden frightening event or laughter?	Yes	No	Occasionally

Do you experience the following:

Dry Mouth   Headaches   Excessive Sweating   Chocking or Gasping   Nasal Congestion

Chest Pain   Heart Burn

How likely are you to doze off or fall asleep during the day in the following situations?

SITUATION	CHANCE OF DOZING			
Sitting and reading	0	1	2	3
Watching T.V.	0	1	2	3
Sitting, inactive in a public place (i.e., movie theater)	0	1	2	3
Lying down to rest in the afternoon when circumstances permit.	0	1	2	3
As a passenger in a car for an hour without a break.	0	1	2	3
Sitting and talking to someone.	0	1	2	3
In a car, while stopped for a few minutes in traffic.	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3

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

0 - 9 - average score, normal population
10 - 24 - sleep specialist advice recommended