

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

Rate the chance that you would doze off during the following 8 routine daytime situations. Click "CALCULATE" to find out your results. Then, share the results with your doctor.

Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place — for example, a theater or meeting	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3

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