



Patient Name: _____ Date: _____

THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and reading
Watching TV
Sitting inactive in a public place (eg a theater 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 traffic

To check your sleepiness score, total the points.

EPWORTH SLEEPINESS SCALE KEY

1 - 6	Your score is low
7 - 8	Your score is average
9 and up	Seek the advice of a sleep specialist without delay

Weight (lbs)

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	43
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37

