

PSYCH ASSOCIATES OF MARYLAND, LLC

EPWORTH SLEEPINESS SCALE (ESS)

Do you suffer from excessive daytime sleepiness?

The following questionnaire will help you measure your general level of daytime sleepiness. You are to rate the chance that you would doze off or fall asleep during different, routine, daytime situations. Answers to the questions are rated on a reliable scale, called the *Epworth Sleepiness Scale* (ESS). Each item is rated from 0 to 3, with 0 meaning you would never doze or fall asleep in a given situations, and 3 meaning that there is a very high chance that you would doze or fall asleep in that situation.

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? Even if you haven't done some of these activities recently think about how they would have affected you.

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

It is important that you put a number (0 to 3) in each of the 8 boxes.

<i>Situation</i>	<i>Chance of Dozing (0 – 3)</i>
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
As a passenger in a car for an hour without a break	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 (when you've had no alcohol)	0 1 2 3
In a car, while stopped in traffic	0 1 2 3

Total score of less than 10 suggests that you are not suffering from excessive daytime sleepiness.

A total score of 10 or more suggests that you may need further evaluation by a physician to determine the cause of your excessive daytime sleepiness and whether you have an underlying sleep disorder.