



Enhancing your life, health and smile.

## EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.

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

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

<u>ACTIVITY</u>	<u>SCORE</u>
Sitting and Reading	_____
Watching television	_____
Sitting, inactive, in a public place (theater, meeting, etc.)	_____
As a passenger in a car for an hour with no break	_____
Lying down to rest in the afternoon, if circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car while stopped for a few minutes in traffic	_____
<u>TOTAL SCORE:</u>	_____

A score of ten or above indicates you may be having a problem with daytime sleepiness. However, below ten does not necessarily mean you do not have a problem.