



EPWORTH SLEEPINESS SCALE:

How likely are you to fall asleep in the following situations, Use the following scale to check the box with 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

Situation	Chance of dozing			
	Please circle one			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting but interactive in a public place e.g. theater or a meeting	0	1	2	3
As a passenger in a car without a break	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking with someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes	0	1	2	3
	Total score: _____			

Is there any thing else you want to tell us?
