

Bay Area Medical Information (BAMI.us)

Epworth Sleepiness Scale

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

(in contrast to just feeling tired) Use the following scale to rate your chance of dozing in the following situations:

Situation <i>(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).</i>	Chance of Dozing <ul style="list-style-type: none"> • 0= would never doze • 1= slight chance of dozing • 2= moderate chance of dozing • 3= high chance of dozing
Sitting and reading	
Watching TV	
Sitting, inactive, in a public place	
As a passenger in a car for an hour	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total	

Score analysis

- Score of 1-6: you're getting enough sleep
- Score of 4-8: you tend to be sleepy during the day; this is the average score
- **Score of 9-15: you are very sleepy and should seek medical advice**
- **Score of 16 or greater: you are dangerously sleepy and should seek medical advice**

More about Sleep

- **Educational Handout for Patients**

Interactive Video Tutorials

Sleep Disorders from Medline Plus. Scroll down through "Diseases and Conditions". Select "Sleep Disorders" and follow the directions for the interactive tutorial. Medline Plus is a service of the National Library of Medicine and the National Institute of Health

References

- (1) **Brain Basics; Understanding Sleep** from the National Institute of Neurological Diseases
- (2) **Sleep apnea** from the MayoClinic.com
- (3) **Sleep apnea from** the American Sleep Apnea Association phone: 202-293-3650
- (4) **Snoring, Not Funny, Not Hopeless** from the American Academy of Otolaryngology -- Head and Neck Surgery
- (5) **American Academy of Sleep Medicine**