

# EPWORTH SCALE

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Use the following scale to choose the most appropriate answer for each situation:

- 0= would never doze
- 1= slight chance of dozing
- 2=moderate chance of dozing
- 3=high chance of dozing

<u>Situation</u>	<u>Chance of Dozing</u>
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. a theater or 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 with someone	_____
Sitting quietly after lunch without alcohol	_____
Driving in a car, while stopped for a few minutes in traffic	_____
Total	_____
Do you snore?	___ yes ___ no
What is your normal bedtime?	_____
What is your normal waking time?	_____