

The Epworth Sleepiness Scale - measures how sleepy you are

Sleepiness is one of the main disabling symptom of OSA

How likely are you to doze off or fall asleep in the following situations, in comparison to feeling just tired?

This 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.

Score yourself for each of the eight situations below, use the following scoring system:

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

Situation	Score
Sitting and reading	
Watching television	
Sitting inactive in a public place, e.g. theatre or meeting	
As a passenger in a car for an hour without a break	
Lying down in the afternoon, when circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
TOTAL	

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**If your score is 10 or over, then you may have a sleep disorder!
You should take this leaflet to your GP and ask whether or not you
need a referral to a Sleep Clinic**