



EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale (ESS) is a self-administered questionnaire designed to measure daytime sleepiness. It was developed by Dr. Murray Johns (Melbourne) in 1990 and is widely used in sleep medicine and research. The purpose of the scale is to assess a person's likelihood of falling asleep in various situations that typically involve low levels of stimulation during waking hours.

When you finish the test, add up the values of your responses. Your total score is based on a scale of 0 to 24. The scale estimates whether you are experiencing excessive sleepiness that possibly requires medical attention.

How Sleepy Are You?

How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently try to determine how they would have affected you. For each situation, decide whether or not you would have:

- No chance of dozing = 0
- Slight chance of dozing = 1
- Moderate chance of dozing = 2
- High chance of dozing = 3

Situation	Chance of dozing off
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g., a theater or a 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 to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

Total Score =

Interpretation

0-7 : It is unlikely that you are abnormally sleepy.

8-9 : You have an average amount of daytime sleepiness.

10-15 : You may be excessively sleepy depending on the situation. You may want to consider seeking medical attention.

16-24 : You are excessively sleepy and should consider seeking medical attention.