

# EPWORTH SLEEPINESS SCALE

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

This refers to your usual way of life recently.

Even if you haven't done some of these things recently, try to figure out how they would have affected you.

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

**0 = no chance of dozing**

**1 = slight chance of dozing**

**2 = moderate chance of dozing**

**3 = high chance of dozing**

It is important that you answer each question as best as you can.

SITUATION	CHANCE OF DOZING (0-3)			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (e.g., a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car or bus, while stopped for a few minutes in traffic	0	1	2	3

**TOTAL SCORE**

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Murray W. Johns. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale, *Sleep*, 1991; 14 (6): 540-545

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Please check the bottom of the page for an explanation of your score **AFTER** you complete the self- assessment.

Scoring  
 0-5 Lower Normal Daytime Sleepiness 6-10 Higher Normal Daytime Sleepiness 11-12 Mild Excessive Daytime Sleepiness 13-15 Moderate Excessive Daytime Sleepiness 16-24 Severe Excessive Daytime Sleepiness—you should consider seeking medical attention