

# 14 IF YOU DON'T SNOOZE, YOU LOSE EPWORTH SLEEP HANDOUT



## EPWORTH SLEEPINESS SCALE (OVER 18 YEARS)

The following questionnaire will help you measure your general level of daytime sleepiness. It asks you to rate the chance that you would doze off or fall asleep during different, routine, daytime situations. Use the following scale to choose the most appropriate number for each situation:

**0 = WOULD NEVER DOZE**

**1 = SLIGHT CHANCE OF DOZING**

**2 = MODERATE CHANCE OF DOZING**

**3 = HIGH CHANCE OF DOZING**

Situation	Chance of dozing (0-3)
Sitting and reading	
Watching television	
Sitting inactive in a public place—for example; a theater or meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
In a car, while stopped in traffic	
Sitting quietly after lunch (when you've had no alcohol)	

**Score from 0-9:** Congratulations! You do not have excessive daytime sleepiness.

**Score from 10-17:** You have scored in the range of HIGH daytime sleepiness. It is possible that you do not get enough sleep. Be aware especially when driving: if you feel sleepy, pull over and rest (or ask a friend to drive)! Your sleepiness may be a risk to yourself and others on the road. Try to get more sleep at night or take a short nap during the day. If your daytime sleepiness continues, consider talking to a doctor or sleep specialist about your sleep habits and to test for a possible cause.

**Score from 18-24:** You have scored in the range of VERY HIGH daytime sleepiness. It is possible that you do not get enough sleep and this is affecting your daytime performance. Be aware especially when driving: if you feel sleepy, pull over and rest (or ask a friend to drive)! Your sleepiness could be a risk to yourself and others on the road. Try to get more sleep at night or take a short nap during the day. If your daytime sleepiness continues, consider talking to a doctor or sleep specialist about your sleep habits and to test for a possible cause.