

Epworth Sleepiness Scale

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

- Sitting and reading
- Watching TV
- Sitting, inactive in a public place (example: a theater or a movie)
- 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 lunch without alcohol
- In a car, while stopped for a few minutes in traffic

Total:

What does my score mean?

- Score of 1-6: *You're getting enough sleep.*
- Score of 4-8: *You tend to be sleepy during the day. This is the average score.*
- Score of 9-15: *You are very sleepy and should seek medical advice.*
- Score of 16 or greater: *You are dangerously sleepy and should seek medical advice.*

Did you score 9 or higher?

Call the Bryan Center for Sleep Medicine at 402-481-8614.

Am I at risk for sleep apnea?

Take a free online sleep screening at bryanhealth.org/sleep-medicine.

Bryan Center for Sleep Medicine

