



CLINIQUE SOMNOMED

Name: _____

Date: _____

Epworth Sleepiness Scale

The Epworth sleepiness scale helps us to determine your level of sleepiness during the day. This test also indicates to us if your level of sleepiness warrants a visit with a physician.

The test consists of eight questions and takes less than a minute to fill out. The Epworth scale is a simple and reliable tool used world wide since 1991.

When you find yourself in the situations described below, what are your chances of feeling sleepy or actually falling asleep (not simply feeling tired)?

CHANCES OF FALLING ASLEEP

If you haven't found yourself in these situations recently, try imagining how you would react.

None = 0

Light = 1

Medium = 2

Strong = 3

1. Sitting and reading.
2. Watching television.
3. Sitting inactive in a public place (e.g. a theater or a meeting).
4. As a passenger in a car for an hour without a break.
5. Lying down to rest in the afternoon when circumstances permit
6. Sitting and talking to someone.
7. Sitting quietly after a lunch without alcohol.
8. In a car, while stopped for a few minutes in traffic.

Total _____

0-10 Normal range in healthy adults
11-14 Mild sleepiness
15-17 Moderate sleepiness
18 or higher Severe sleepiness

If you scored 11 or higher, consider seeing our sleep specialist to diagnose and treat the cause of your sleepiness.

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SUBMIT