**EPWORTH SLEEPINESS SCALE QUESTIONAIRRE**

Be as truthful as possible.

Respond to each situation with a number in the third column.

Put your total at the bottom.

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| **SITUATION** | **RESPONSE** | **SCORE** |
| SITTING AND READING | 0=would never doze1=slight chance of dozing2=moderate chance of dozing3=high chance of dozing |  |
| SITTING INACTIVE IN PUBLIC PLACE (ex: a theatre or movie) | 0=would never doze1=slight chance of dozing2=moderate chance of dozing3=high chance of dozing |  |
| RIDING AS A PASSENGER FOR 1 HOUR OR MORE | 0=would never doze1=slight chance of dozing2=moderate chance of dozing3=high chance of dozing |  |
| LYING DOWN TO REST IN THE AFTERNOON | 0=would never doze1=slight chance of dozing2=moderate chance of dozing3=high chance of dozing |  |
| SITTING AN TALKING TO SOMEONE | 0=would never doze1=slight chance of dozing2=moderate chance of dozing3=high chance of dozing |  |
| SITTING QUIETLY AFTER LUNCH (with no alcohol) | 0=would never doze1=slight chance of dozing2=moderate chance of dozing3=high chance of dozing |  |
| IN A CAR WHILE STOPPED IN TRAFFIC | 0=would never doze1=slight chance of dozing2=moderate chance of dozing3=high chance of dozing |  |
| **TOTAL SCORE** |  |  |

A score of 10 or more indicates a possible sleep disorder.