

# Epworth Sleepiness Scale

This scale is used to determine a person's level of daytime sleepiness.

In the following situations, how likely are you to doze off or fall asleep, in contrast to just feeling tired? Use the following scale to choose the most appropriate number for each situation:

0 = would never doze or sleep 1 = slight chance of dozing or sleeping 2 = moderate chance of dozing or sleeping 3 = high chance of dozing or sleeping

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| Situation   | Chance of dozing or sleeping |   |   |   |
|---|------------------------------|---|---|---|
| Sitting and reading                                 | 0                            | 1 | 2 | 3 |
| Watching TV   | 0                            | 1 | 2 | 3 |
| Sitting inactive in a public place                  | 0                            | 1 | 2 | 3 |
| Being a passenger in a car for an hour              | 0                            | 1 | 2 | 3 |
| Lying down in the afternoon                         | 0                            | 1 | 2 | 3 |
| Sitting and talking to someone                      | 0                            | 1 | 2 | 3 |
| Sitting quietly after lunch (no alcohol)            | 0                            | 1 | 2 | 3 |
| Stopping for a few minutes in traffic while driving | 0                            | 1 | 2 | 3 |
| <b>Total Epworth score</b>                          |                              |   |   |   |

## UNDERSTANDING YOUR SCORE

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, talk to your GP about undergoing a Sleep Study with SNORE Australia.