# ST. JOSEPH MERCYOAKLAND

#### **Sleep Disorders Center**

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Name	D.O.B.://

Date: \_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_:

The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. 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

	Patients	Family/Friends
	Impression	Impression
Sitting and reading:		
Watching TV:		
Sitting, inactive in a public place (such as a theater or meeting):		
While a passenger in a car:		
Lying down to rest in the afternoon when circumstances permit:		
Sitting and talking to someone:		
Sitting quietly after a lunch without alcohol:		
Sitting in traffic:		

Total:

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