

EPWORTH SLEEP TEST

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling 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 decide how you would react to these situations. Use the following scale to choose the most appropriate number for each one.

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

SITUATION	CHANCE OF DOZING (CIRCLE ONE)			
Sitting & reading.	0	1	2	3
Watching TV.	0	1	2	3
Sitting, inactive in a public place (e.g., theater/meeting).	0	1	2	3
As a passenger in a car for an hour without a break.	0	1	2	3
Lying down to rest in the afternoon when circumstances permit.	0	1	2	3
Sitting and talking to someone.	0	1	2	3
Sitting quietly after lunch without alcohol.	0	1	2	3
In a car, while stopped for a few minutes in traffic.	0	1	2	3
TOTAL: _____	AVG AMOUNT OF SLEEP PER NIGHT: _____			

SCALE:

- 1 - 6 = Getting enough sleep to beginning to push limits of proper sleep habits.
- 7 - 8 = Average score, consider placing more emphasis on better sleep habits.
- 9 or above = Consult your physician.

A number in the 0-9 range is considered to be normal while a number in the 10-24 range indicates that expert medical advice should be sought.

