

Epworth Sleepiness Scale

SITUATION	Chance of dozing (0-3)			
1. Sitting and reading	0	1	2	3
2. Watching television	0	1	2	3
3. Sitting inactive in a public place—for example, a theater or meeting	0	1	2	3
4. As a passenger in a car for an hour without a break	0	1	2	3
5. Lying down to rest in the afternoon	0	1	2	3
6. Sitting and talking to someone	0	1	2	3
7. Sitting quietly after lunch (when you've had no alcohol)	0	1	2	3
8. In a car, while stopped in traffic	0	1	2	3
0 =Would never doze / 1 =Slight chance of dozing / 2 =Moderate chance of dozing / 3 =High chance of dozing				
The ESS is used to determine the level of daytime sleepiness.				
A score of ≥ 10 is considered sleepy; a score of 18 or more is very sleepy.				

Johns MW. *Sleep*. 1991;14:540-545.