

HOW SLEEPY IS TOO SLEEPY?

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A simple self-test can help measure your level of sleepiness, and may alert your doctor to the presence of an underlying medical condition that may be responsible for excessive sleepiness.

About the Epworth Sleepiness Scale¹ (ESS)

The ESS test was developed by Murray Johns, MD, of the Epworth Hospital in Melbourne, Australia, to assist physicians in recognizing and diagnosing excessive sleepiness in their patients.

Directions

Using a score from 0 to 3, rate the chances that you would doze off or fall asleep during these routine activities of daily living. You must put a number in each of the 8 boxes to obtain an accurate score.

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

| Situation | Chance of dozing (0 – 3) |
|--|--------------------------|
| Sitting and reading | (0) (1) (2) (3) |
| Watching television | (0) (1) (2) (3) |
| Sitting inactive in a public place, for example, a theater or 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 | (0) (1) (2) (3) |
| Sitting and talking to someone | (0) (1) (2) (3) |
| Sitting quietly after lunch (when you've had no alcohol) | (0) (1) (2) (3) |
| In a car, while stopped in traffic | (0) (1) (2) (3) |
| TOTAL YOUR NUMBERS TO FIND YOUR SCORE, AND CHECK AGAINST THE SLEEPINESS SCALE ON THE REVERSE SIDE OF THIS CARD. | |

CHECKING YOUR ESS RESULTS

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Add together all the numbers from the reverse side of this card and check your total score against the Epworth Sleepiness Scale¹ below.

