

Central Utah Sleep Disorders Center

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Name _____ Date _____

Age _____ Weight _____ Height _____ Neck Size _____

The Epworth Sleepiness Scale (ESS)

The ESS is a simple, self-administered questionnaire used to assess one's perceived level of sleepiness.

How likely are you to doze off or fall asleep in the following situations as opposed 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 figure out how they would have affected you.

Use the following scale to choose the most appropriate number for the following situations and scenarios.

- 0 = Would *never* doze off**
- 1 = Slight chance of dozing**
- 2 = Moderate chance of dozing**
- 3 = High chance of dozing**

Situation or Scenario	Chance of Dozing
Sitting and reading	0 1 2 3
Watching TV	0 1 2 3
Sitting inactive in a public place, such as in a meeting or theater	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 the 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

Your Total Score _____