

Epworth Sleepiness Scale

The Epworth Sleepiness Scale (ESS) measures your general level of sleepiness. Your score can help you start a conversation with your doctor about excessive sleepiness (ES) and underlying causes of ES such as obstructive sleep apnea (OSA), shift work disorder (SWD), and narcolepsy.

Rate the chance that you would doze off during the following 8 routine daytime situations.

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

Situation

Chance of dozing

- Sitting and reading
- Watching TV
- Sitting, inactive in a public place (e.g. a theatre or a meeting)
- As a passenger in a car for an hour without a break
- Lying down to rest in the afternoon when circumstances permit
- Sitting and talking to someone
- Sitting quietly after a lunch without alcohol
- In a car, while stopped for a few minutes in the traffic
- Total

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Score:
0-10 Normal range
10-12 Borderline
12-24 Abnormal