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The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situation, in contrast to feeling "just 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 work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

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

<u>Situation</u>	<u>Chance of Dozing</u>
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. theater, meeting)	_____
As a passenger in a car for a hour without a break	_____
Lying down to rest in the afternoon when able	_____
Sitting and talking with someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____

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The Epworth Sleepiness Scale is a simple survey that you can take to measure your general level of sleepiness. A total score of 10 or more suggests the need for further evaluation. It is important for a doctor to identify if you have an underlying sleep disorder. For more information call the UT Sleep Disorders Center at 865-305-8761 or visit www.utmedicalcenter.org