

# Epworth Sleepiness Scale



For screening of sleep apnea, narcolepsy, hypersomnia and occupational/driving safety

How likely are you to **doze off** or **fall asleep** in the situations described below, in contrast to feeling tired?

This refers to your usual way of life in recent times. Even if you haven't 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

|   |   |   |   |   |
|---|---|---|---|---|
| Sitting and reading   | 0 | 1 | 2 | 3 |
| Watching TV   | 0 | 1 | 2 | 3 |
| Sitting inactive in a public place (e.g., 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 when 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 |

## Scoring

0-5 Lower normal daytime sleepiness

6-10 Higher normal daytime sleepiness

11-12 Mild excessive daytime sleepiness

13-15 Moderate excessive daytime sleepiness

16-24 Severe excessive daytime sleepiness

## Management

- Score  $\geq 11$ : See a sleep clinician for assessment and support
- For those in safety-critical roles, prioritise urgent care to avoid accidents or injuries

*Johns. (1991). A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. Sleep, 14(6), 540–545.*