

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, 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 option for each situation and underline it.

Situation / Chance of Dozing:

1. Sitting and Reading
Would never Slight chance Moderate chance High chance
2. Watching TV
Would never Slight chance Moderate chance High chance
3. Sitting, inactive in a public place (e.g. a theater or a meeting)
Would never Slight chance Moderate chance High chance
4. As a passenger in a car for an hour without a break
Would never Slight chance Moderate chance High chance
5. Lying down to rest in the afternoon when circumstances permit
Would never Slight chance Moderate chance High chance
6. Sitting and talking to someone
Would never Slight chance Moderate chance High chance
7. Sitting quietly after lunch without alcohol
Would never Slight chance Moderate chance High chance
8. In a car, while stopped for a few minutes in traffic
Would never Slight chance Moderate chance High chance

Introduced by Dr Murray Johns in 1991, the Epworth sleepiness scale has been validated primarily in obstructive sleep apnoea.

References: Murray W. Johns - A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale - Sleep 1991; 14:540-5

SIGN - Guideline No. 73: Management of obstructive sleep apnoea/hypopnoea syndrome in adults - 2003