



Epworth Sleepiness Scale

Patient Information:

Patient Last Name: _____ First Name: _____ DOB: _____

Mailing Address: _____ City: _____ State/Zip: _____

Home / Cell Phone: _____ Work Phone: _____ Referring Physician: _____

What is the Epworth Sleepiness Scale?

The Epworth Sleepiness Scale (ESS) was first introduced in 1991 by Dr. Murray Johns of the Epworth Hospital in Melbourne, Australia, and is a tool used to measure the average sleep propensity (ASP) of patients to assess their general level of sleepiness and determine if sleep disorders could be the cause of their problems.

Patients taking the questionnaire are asked questions regarding their likelihood of falling asleep during eight normal, low activity situations. Patients rate their likelihood of dozing off on a scale of 0-3, with 0 being "no chance of dozing" and 3 being "high chance of dozing."

Do you fall asleep during these situations?

0 = no chance of dozing, 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?	0	1	2	3
As a passenger in a car for an hour with out a break	0	1	2	3
Lying down to rest in afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

Total of all answers: _____