

DO YOU KNOW YOUR SLEEP A – to – Zzzzz's?

Member handout
2020 Lesson written by Linda Leonard,
KAFCE Education Program Committee

The Epworth Sleepiness Scale

The Epworth Sleepiness Scale is widely used in the field of sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of eight situations in which you rate your tendency to become sleepy on a scale of 0 to 3. When you finish the test, add up the values of your responses. Your total score is based on a scale of 0 to 24. The scale estimates whether you are experiencing excessive sleepiness that could require medical attention.

How sleepy are you?

How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently, try to determine how they would have affected you. For each situation, decide whether you would have:

- 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 (e.g. a theater or meeting)	0	1	2	3
As a passenger in a car for 1 hour without a break	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking with 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

TOTAL SCORE = _____

Analyze Your Score:

- 0–7 = It is unlikely that you have abnormally sleepiness.
- 8–9 = you have an average amount of daytime sleepiness
- 10–15 = you may be excessively sleepy depending on the situation; consider seeking medical treatment.
- 16–24 = you are excessively sleepy and should seek medical attention.