

EPWORTH SLEEPINESS SCALE

Modified Epworth Sleepiness Scale:	Score
1. Sitting and reading	
2. Watching TV	
3. Sitting in a public place (e.g., theatre or a meeting)	
4. Sitting in a car as a passenger without a break	
5. Lying down to rest	
6. Sitting and talking to someone	
7. Sitting quietly after lunch without alcohol	
8. In a car, while stopped for a few minutes in traffic	

Scale to determine total Scores:

0= would never doze

1= A slight chance of dozing

2= Moderate chance of dozing

3= High chance of dozing

Maximum score is 24.

Score of 10 suggests presence of excessive sleepiness.