

# Find out...

## How sleepy are you?

The following questionnaire will help you measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS) - the same assessment tool used by sleep experts worldwide.

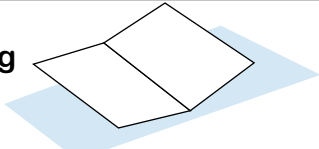
Each item describes a routine daytime situation. Use the scale below to rate the likelihood that you would doze off or fall asleep (in contrast to just feeling tired) during that activity. If you haven't done some of these things recently, consider how you think they would affect you.

Please note that this scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which can be a symptom of a sleep disorder.

Use the following scale to choose the most appropriate number for each situation:

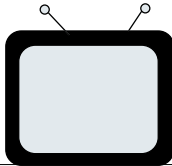
0	1	2	3
would never doze	slight chance of dozing	moderate chance of dozing	high chance of dozing

Sitting and reading



chance of dozing: \_\_\_\_\_

Watching television



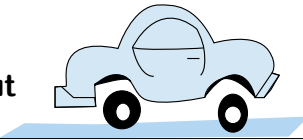
chance of dozing: \_\_\_\_\_

Sitting inactive in a public place, for example, a theater or meeting



chance of dozing: \_\_\_\_\_

As a passenger in a car for an hour without a break



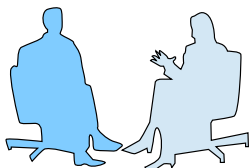
chance of dozing: \_\_\_\_\_

Lying down to rest in the afternoon



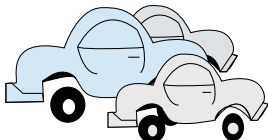
chance of dozing: \_\_\_\_\_

Sitting and talking to someone



chance of dozing: \_\_\_\_\_

In a car, while stopped in traffic



chance of dozing: \_\_\_\_\_

Sitting quietly after lunch (when you've had no alcohol)



chance of dozing: \_\_\_\_\_

Go to page 2 to get your score...

# Results...

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Please note that this scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which can be a symptom of a sleep disorder.

Use the following scale to choose the most appropriate number for each situation:

0	1	2	3
would never doze	slight chance of dozing	moderate chance of dozing	high chance of dozing

## Total your score....

If your total score is 10 or higher, consider discussing these results with your physician or other health care provider. You might also wish to seek sleep services in your community for an accurate diagnosis and, if appropriate, effective treatment of an underlying sleep disorder.

Keeping a sleep diary for one week or longer can help you identify any behaviors (not allowing enough time for sleep, inconsistent sleep schedules) that might contribute to your sleepiness. Sharing your symptoms as well as the results of the Epworth Sleepiness Scale and a sleep diary with your doctor can aid in your diagnosis and treatment of any underlying causes.