



## Epworth Sleepiness Scale (ESS) Test

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Today's Date \_\_\_\_\_

The following questionnaire will help you measure your general level of sleepiness. Please rate the chance that you would doze or fall asleep during different routine situations. Answers to the questions are rated on a validated scale, known as the Epworth Sleepiness Scale (ESS). Each item is rated from 0 to 3. A score of 0 means that you would never doze or fall asleep in that given situation. A score of 3 means that there is a very high chance that you would doze or fall asleep in that situation.

Even if you haven't done some of these activities recently, think about how they would affect you, and about whether or not you may have dozed or fallen asleep.

**It is important that you choose a number (0 to 3) for each of the eight boxes.  
Use this scale to choose the most appropriate number for each situation:**

**0** Would never doze      **1** Slight chance of dozing      **2** Moderate chance of dozing      **3** High chance of dozing

Situation	Chance of Dozing ( 0 to 3 )			
Sitting and reading	0	1	2	3
Watching Television	0	1	2	3
Sitting inactive in a public place – for example, a theater or meeting	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch (when you have had no alcohol)	0	1	2	3
In a car while stopped in traffic	0	1	2	3
<b>Total Score (Add all circled numbers)</b>				

*Please turn the page over for an explanation of your score.*



## Understanding your score

Now that you have completed the questionnaire, you can score your results and evaluate your level of sleepiness. It's simple – just add up the numbers you chose to get your total score.

### The Epworth Sleepiness Scale Key

Total Score	Results
0-9	A total score of less than 10 suggests that you are not suffering from excessive sleepiness.
10+	A total score of 10 or more suggests that you are experiencing excessive sleepiness and may need further evaluation by your doctor to identify the cause. For example, your doctor may determine that you have an underlying sleep disorder that is causing you to be excessively sleepy.

## Your next steps

The ESS should not be used to make your own diagnosis. It is intended to be a tool to help you identify your own level of excessive sleepiness, which can be a symptom of many sleep disorders as well as other medical conditions.

If your score is 10 or more, please share this information with your physician. Be sure to describe all of your symptoms, as clearly as possible, to help with your diagnosis and treatment.

It is important to remember that excessive sleepiness may be caused by an underlying medical condition that can be diagnosed and treated. Be sure to tell your doctor if you are still experiencing excessive sleepiness after receiving treatment for an underlying condition. Together, you and your doctor can manage your condition.