

## DAYTIME SLEEPINESS TEST

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 and check the box under the most appropriate number for each situation:

<b>Chance of Dozing (0-3)</b>				
<b>Situation</b>	<b>0 – would never doze</b>	<b>1 - slight chance of dozing</b>	<b>2- moderate chance of dozing</b>	<b>3 - high chance of dozing</b>
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've had no alcohol)	0	1	2	3
In a car, while stopped in traffic	0	1	2	3

*Please turn the page over to determine the results of your score.*

### Scoring your results

Now that you have completed the questionnaire, it is time to score your results and evaluate your own level of daytime sleepiness. It's simple. Just add up the numbers you circled in each box to get your total score.

### The Epworth Sleepiness Scale Key

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.

Remember, true EDS is almost always caused by an underlying medical condition that can be easily diagnosed and effectively treated.