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Epworth Sleepiness Scale

Instructions: Please give the answer that most accurately describes the chances of you dozing off or falling asleep in the following situations. This refers to your usual way of life in recent times.

0 - Never; 1 - Slight; 2 - Moderate; 3 - High

Sitting and Reading	
Watching Television	
Sitting Inactive in a Seminar, Theater, or Meeting	
As a Passenger in a Car for One Hour	
Lying Down to Rest in the Afternoon	
While Having a Relaxed Conversation	
Sitting Quietly After Lunch	
In a Car While Stopping at a Traffic Signal	
Total Points	(Max/24)*

*(Patients with a score of 10 or higher are candidates for a sleep study. Please fax this along with sleep study order, ins. cards, demographics, and H & P).