

# The Epworth Sleepiness Scale

Click in the drop down boxes below to select the options for you and your partner. As you click off each box and onto the next one, your score will be calculated at the bottom. Click off the final box to give you the final score.

Situation	Chance of dozing	
	Patient	Partner's assessment of patient
Sitting and reading		
Watching TV		
Sitting, inactive in a public place (e.g. a theatre or a meeting)		
As a passenger in a car for an hour without a break		
Lying down to rest in the afternoon when circumstances permit		
Sitting and talking to someone		
Sitting quietly after a lunch without alcohol		
In a car, while stopped for a few minutes in the traffic		
Your score		

## What does my score mean?

0–2 Unusually low

3–9 Normal

9+ suggests excessive daytime tiredness/sleepiness