

Nancy E. Boyden, ARNP

Name: _____ Date: _____

Age: _____ Height: _____ Weight: _____

Neck Cir: _____ BMI _____ kg/m2

Epworth Sleepiness Scale ESS

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.

Use the following 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

Sitting and reading _____

Watching TV _____

Sitting, inactive in a public place (eg a theater or a meeting) _____

As a passenger in a car for an hour with out a break _____

Lying down to rest in the afternoon when circumstances permit _____

Sitting and talking to someone _____

Sitting quietly after lunch with out alcohol _____

In a car, while stopped for a few minutes in traffic _____

Total Score: _____

Sleep 1991; 14(6): 540-5)

A score of <8 indicates normal sleep function

A score of 8-10 indicates mild sleepiness

A score of 11-15 indicates moderate sleepiness

A score of 16-20 indicates severe sleepiness

A score of 21-24 indicates excessive sleepiness