

EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale (ESS) was developed and validated by Dr. Murray Johns of Melbourne, Australia. It is a simple, self-administered questionnaire and widely used by sleep professionals in quantifying the level of daytime sleepiness.

(Johns, M.W. "A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale." *Sleep* 14 (1991): 540-545.)

NAME _____

DATE _____

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 at present and in the recent past. 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

2 = Moderate chance of dozing

1 = Slight chance of dozing

3 = High chance of dozing

SITUATION

CHANCE OF DOZING

Sitting and reading

Watching television

Sitting, inactive in a public place (e.g. theatre, 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 lunch without alcohol

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

TOTAL SCORE
