

Epworth Sleepiness Scale

The Epworth Sleepiness Scale (ESS) measures your general level of sleepiness. Your score can help you start a conversation with your doctor about excessive sleepiness (ES) and underlying causes of ES such as obstructive sleep apnea (OSA), shift work disorder (SWD), and narcolepsy.

Rate and circle the chance that you would doze off during the following 8 routine daytime situations:

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

Situation	Chance of Dozing			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place	0	1	2	3
Passenger in a car for an hour	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 (without alcohol)	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

Total Score: _____

What does your score mean?

0-10 Normal range in healthy adults

11-14 Mild sleepiness

15-17 Moderate sleepiness

18 or higher, severe sleepiness

If you scored 11 or higher, consider seeing a sleep medicine specialist to diagnose and treat the cause of your sleepiness or contact the Sleep Center at 920.262.4335 with questions.

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