

Epworth Sleepiness Scale (ESS)

Once a week, rate your daytime sleepiness for the situations below with the following scale:

0=never doze 1=slight chance of dozing 2=moderate chance of dozing 3=high chance of dozing

Example

	Enter date <i>Nov 19</i>	Enter date	Enter date	Enter date	Enter date	Enter date	Enter date	Enter date
Sitting and reading	<i>2</i>							
Watching TV	<i>1</i>							
Sitting inactive in a public place (e.g., a theater or a meeting)	<i>2</i>							
As a passenger in a car for an hour without a break	<i>3</i>							
Lying down to rest in the afternoon when circumstances permit	<i>2</i>							
Sitting and talking to someone	<i>1</i>							
Sitting quietly after a lunch without alcohol	<i>2</i>							
In a car while stopped for a few minutes in traffic	<i>3</i>							
Total your score	<i>16</i>							

Reproduced with permission from John MW. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. *Sleep*: 1991;14:540-545.