

# EPWORTH SLEEPINESS SCALE

## Sleep 360 Sleep Diagnostic Center

*Complete Solution to your Sleep Problems*

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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 and add them to get total score.

0 = no chance of dozing  
1 = slight chance of dozing  
2 = moderate chance of dozing  
3 = high chance of dozing

Sitting and reading	<input type="text"/>
Watching TV	<input type="text"/>
Sitting inactive in a public place (e.g. a theater or a meeting)	<input type="text"/>
As a passenger in a car for an hour without a break	<input type="text"/>
Lying down to rest in the afternoon when circumstances permit	<input type="text"/>
Sitting and talking to someone	<input type="text"/>
Sitting quietly after a lunch without alcohol	<input type="text"/>
In a car, while stopped for a few minutes in traffic	<input type="text"/>

1-6 Congratulations, you are getting enough sleep!  
7-8 Your score is average  
9 and up Seek the advice of a sleep specialist without delay