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## EPWORTH SLEEPINESS SCALE

Please indicate the likelihood that you would fall asleep in the following situations (scale of 0 to 3). This refers to your usual way of life in recent times. Use the following scale to choose the *most appropriate* number for each situation.

- 0 = would *never* doze
- 1 = *slight* chance on dozing
- 2 = *moderate* 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., a theatre or a meeting	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
TOTAL	_____