

Name: \_\_\_\_\_

Diagnosis and Treatment of Sleep Disorders American Academy of Sleep Medicine Accredited

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Date: \_\_\_\_\_

## **Epworth Sleepiness Scale**

D.O.B.:	Age:				
How likely are you to doze off or fall asleep in the fol just tired? This refers to your usual way of life in resome of these things recently, try to work out how to following scale to choose the most appropriate to the second	cent times. Even if you they would have affecte	have ned you.	ot c	done	9
0 = NO chance 1 = SLIGHT chance 2 = MODERATE chance 3 = HIGH chance					
Sitting and reading		0	1	2	3
Watching Television		0	1	2	3
Sitting inactive in a public place		0	1	2	3
Lying down to rest in the afternoon when circumstand	ices permit	0	1	2	3
Sitting and talking to someone		0	1	2	3
As a passenger in a car for an hour without a break		0	1	2	3
In a car, while stopped for a few minutes in traffic		0	1	2	3
Sitting quietly after lunch		0	1	2	3

Thank you for your cooperation.