

# THE EPWORTH SLEEPINESS SCALE

## (To assess risk of Obstructive Sleep Apnea)

Use the following scale to choose the most appropriate number for each situation:-

- 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 .....	<input type="text"/>
Watching TV .....	<input type="text"/>
Sitting, inactive in a public place (e.g. a theatre 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 the traffic .....	<input type="text"/>
Total .....	<input type="text"/>

Score:

- 0-10 Normal range
- 10-12 Borderline
- 12-24 Abnormal