

### Epworth Sleepiness Scale

The Epworth Sleepiness Scale is an 8-question questionnaire which is used to determine the level of a person's daytime sleepiness. The Epworth Sleepiness Scale is based on your assessment of the likelihood of you falling asleep in certain situations commonly encountered in daily life. The questionnaire can be used to help diagnose sleep disorders like sleep apnea. The Epworth Sleepiness Scale was developed in 1990 by Murray W. Johns at Epworth Hospital in Melbourne, Australia.

Epworth Sleepiness Scale
<p>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:</p>
<p>0 - No chance of falling asleep            1 - Slight chance of falling asleep            2 - Moderate chance of falling asleep            3 - High chance of falling asleep</p>

Situation	Chance of Falling Asleep
Sitting and reading	0   1   2   3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Watching TV	0   1   2   3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Sitting inactive in a public place (e.g. a theater or a meeting)	0   1   2   3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
As a passenger in a car for an hour without a break	0   1   2   3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Lying down to rest in the afternoon as circumstances permit	0   1   2   3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Sitting and talking to someone	0   1   2   3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Sitting quietly after lunch without alcohol	0   1   2   3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
In a car while stopped for a few minutes in traffic	0   1   2   3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<p><b>Epworth Scoring Results</b>            1 - 6 = Good. You're likely getting restful sleep.            7 - 9 = Okay. Your sleep could be improved, but you may not have sleep apnea.            10 or higher = Bad. You likely have a sleep disorder like sleep apnea.</p>	

**If either one of these tests show you're at risk for sleep apnea or that you have a tendency to fall asleep during the day, and if your doctor hasn't yet diagnosed you with sleep apnea, then you should talk to your doctor about your condition.**

You can read all about the Epworth Sleepiness Scale at Dr. Murray John's website. The specific article introducing the scale is available on the website at: "A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale"