

EPWORTH SLEEPINESS SCALE

USE THE FOLLOWING SCALE TO CHOOSE THE MOST APPROPRIATE NUMBER FOR EACH SITUATION:
 0=WOULD NEVER DOZE OR SLEEP, 1= SLIGHT CHANCE OF DOZING OR SLEEPING, 2=MODERATE CHANCE OF DOZING OR SLEEPING, 3=HIGH CHANCE OF DOZING OR SLEEPING

SITUATION:	CHANCE OF DOZING
SITTING AND READING	
WATCHING TV	
SITTING INACTIVE IN A PUBLIC PLACE (E.G. A THEATER OR A MEETING)	
AS A PASSENGER IN A MOTOR VEHICLE FOR AN HOUR OR MORE	
LYING DOWN IN THE AFTERNOON	
SITTING AND TALKING TO SOMEONE	
SITTING QUIETLY AFTER LUNCH (NO ALCOHOL)	
STOPPED FOR A FEW MINUETS IN TRAFFIC WHILE DRIVING	
TOTAL SCORE	

SCORE ANALYSIS:

SCORE OF 1-6: YOU'RE GETTING ENOUGH SLEEP, SCORE OF 4-8: YOU TEND TO BE SLEEPY DURING THE DAY; THIS IS THE AVERAGE SCORE, SCORE OF 9-15: YOU ARE VERY SLEEPY AND SHOULD SEEK MEDICAL ADVICE, SCORE OF 16 OR GREATER: YOU ARE DANGEROUSLY SLEEPY AND SHOULD SEEK MEDICAL ADVICE

SCAN ME



MEDICAL PROFESSIONALS,
 SCAN THIS CODE TO ACCESS
 MORE INFORMATION ON HOW
 TO ORDER THROUGH LINCARE!

