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**Epworth Sleepiness Scale**

How sleepy have you been over the last 30 days?

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

<i>Situation</i>	<i>Chance of Dozing or Sleeping</i>
Sitting and reading .....	_____
Watching TV .....	_____
Sitting inactive in a public place .....	_____
Being 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 minutes in traffic while driving .....	_____
<b>Epworth Score (add all the values up) .....</b>	<b>_____</b>