

SLEEP 2 GO

AFFORDABLE MOBILE SLEEP STUDIES & EQUIPMENT

EPWORTH SLEEPINESS SCALE

Below is a list of possible situations referring to your usual way of life in recent times. Even if you have not taken part in these situations, please try to work out how they would have affected you.

Instructions: Simply rate your chances of dozing by marking each situation with the number you feel best represents your chance of dozing.

Situations

- _____ Sitting & Reading
- _____ Watching TV
- _____ Sitting, inactive, in a public place
- _____ As a passenger in a car for an hour
- _____ Lying down in the afternoon
- _____ Sitting quietly after lunch without alcohol
- _____ Sitting and talking with someone
- _____ In a car, while stopped for a few minutes in traffic

_____ **TOTAL (If greater than 10, refer for a sleep study or sleep specialist)**

Chance of Dozing

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing