

Figure 15. Epworth Sleepiness Scale questions

Epworth Sleepiness Scale questions

How likely are you to doze off or fall asleep in the following situations?

Scored 0–3, where:

0 = never

1 = light chance

2 = moderate chance

3 = high chance of dozing

Situation	Score
1. Sitting and reading	<input type="checkbox"/>
2. Watching TV	<input type="checkbox"/>
3. Sitting, inactive in a public space (e.g. a theatre or meeting)	<input type="checkbox"/>
4. As a passenger in a car for an hour without a break	<input type="checkbox"/>
5. Lying down to rest in the afternoon when circumstances permit	<input type="checkbox"/>
6. Sitting and talking to someone	<input type="checkbox"/>
7. Sitting quietly after a lunch without alcohol	<input type="checkbox"/>
8. In a car, while stopped for a few minutes in the traffic	<input type="checkbox"/>

Total score:

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