

Center for Neuromuscular Dental Wellness
Dr. Douglas Chase

Epworth (sleepiness scale) Form

Patient Name _____

How likely are you to doze off or fall asleep in the situations described in the box below, 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:

- 0 = would n ever doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 – high chance of dozing

Situation	Score
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (eg a theater or a meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____

Thank you for your co-operation

(Sum for total score out of 24) _____

Epworth sleepiness Scale Interpretation

- 0-6: It is unlikely that you are abnormally sleepy
- 7-8 You have an average amount of daytime sleepiness
- 9-15 You may be excessively sleepy depending on the situation. You may want to consider seeking medical attention
- 16-24 You are excessively sleepy and should consider seeking medical attention