

## The 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 or Sleeping
Sitting and reading	
Sitting and watching TV or a video	
Sitting in a classroom at school during the morning	
Sitting and riding in a car or a bus for about half an hour	
Lying down to rest or nap in the afternoon	
Sitting and talking to someone	
Sitting quietly by yourself after lunch	
Sitting and eating a meal	
SCORE	
	<10
	10-12
	12-17
	>18
<i>Source: <a href="http://www.umm.edu/sleep/epworth_sleep.htm">http://www.umm.edu/sleep/epworth_sleep.htm</a></i>	

- Score reviewed and/or calculated by Michelle Henning, DO
- Score reviewed and/or calculated by Debra Anderson, PPCNP-BC

Please return to a member of the CHKD Healthy You for Life Team. Thank You.