

OHIO **SLEEP MEDICINE** INSTITUTE CENTER OF SLEEP MEDICINE EXCELLENCE[™]

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Epworth Sleepiness Scale

Use this scale to determine your patient's level of sleepiness.

Choose the most appropriate number for each situation:

0 = no chance of dozing		
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	
Watching TV	
Sitting inactive in a public place	
As a passenger in a motor vehicle for an hour or	
more	
Lying down to rest in the afternoon when	
circumstances permits	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in	
traffic	
Total score (add the scores up)	
(This is your Epworth score)	

If your patient scores 10 or more, we recommend your patient consult one of our physicians to treat a sleep disorder, address an underlying condition affecting sleep and develop proper sleep hygiene.

