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NAME:
DOB:
DATE:



EPSWORTH SLEEPINESS SCALE KEY

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. The questionnaire below will indicate whether you are getting an adequate amount of sleep or if you have signs of sleep disturbance.

How likely are you to doze off or fall asleep in the following situations, 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-no chance of dozing
- 1-**slight** chance of dozing
- 2-**moderate** chance of dozing
- 3-**high** chance of dozing

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
As a passenger in a car for an hour without a break	
Sitting inactive in a public place (theater/meeting)	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
While stopped for a few minutes in traffic in a car	
TOTAL:	

Outlined below is the breakdown of the Epworth Sleepiness Scale score rating that corresponds with the questionnaire.

1-6 you are getting enough sleep
7-8 average score
9 seek the advice of your physician

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