



Advanced Sleep Disorders Center

“Healthier Sleep for a Healthier Life”

The Eppworth Sleepiness Scale

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	_____
Sitting inactive in a public place (e.g. 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	_____

Interpretation

The score obtained by adding the numbers leads to a total:

* 0 - 9 - average score, normal population

* 10 - 24 - sleep specialist advice recommended

The Epworth sleepiness scale has been validated primarily in obstructive sleep apnea. It is used to measure excessive daytime sleepiness and is repeated after the administration of treatment (e.g. CPAP) to document improvement of symptoms. In narcolepsy, the Epworth sleepiness scale has both a high specificity (100%) and sensitivity (93.5%).