Daytime Sleepiness What It Can Mean

Epworth Sleepiness Scale

The Epworth Sleepiness Scale helps determine excessive sleepiness that may indicate a sleep problem, which could require medical attention. In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? Use the following scale to rate your chance of dozing for each:

0 = would never doze	1 = slight	2 = modera	ate	3 = high
Situation				Chance of Dozing
1. Sitting and reading				
2. Watching television				
3. Sitting inactive in a public pl	ace (theater, meeting	, lecture, etc.)		
4. As a passenger in a car for a	an hour without a bre	ak		
5. Lying down to rest in the aft	ernoon when circums	stances permit		
6. Sitting and talking to some	one			
7. Sitting quietly after lunch (w	rithout alcohol)			
8. In a car, while stopped for a	· ·			
		Т	otal Score:	
Please list:				
Current Wei	ght Maxim	num Weight		sumference ollar Size)
Scoring of the Epworth Slee	epiness Scale			
0-5 You're probably	getting enough sleep	l.		
6-9 You might be sle	eepier than you realize	e, but still OK.		
10-11 Sleepiness/fation	jue may be a real prol	olem for you. <i>You n</i>	nay want to t	talk with your doctor.
	antly sleepy and may r	-	-	-

You have a sleep problem. Please share your sleepiness score with your doctor.

Diagnostic Sleep Center

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16+

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Open five days and seven nights a week. No sleep study appointments during the day.

