

MALVERN SLEEP CLINIC

Name of the patient: _____ Date: _____

THE EPWORTH SLEEPINESS SCALE (ESS)

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. Use the following scale to choose the most appropriate number for each situation:

- 0 = would **NEVER** doze
- 1 = **SLIGHT** chance of dozing
- 2 = **MODERATE** chance of dozing
- 3 = **HIGH** chance of dozing

Situation	Chance of dozing			
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1. Sitting and reading	0	1	2	3
2. Watching TV	0	1	2	3
3. Sitting in a public place (e.g. theatre or a meeting)	0	1	2	3
4. As a passenger in a car for an hour without a break.....	0	1	2	3
5. Lying down to rest in the afternoon	0	1	2	3
6. Sitting and talking to someone	0	1	2	3
7. Sitting quietly after a lunch without alcohol	0	1	2	3
8. In a car, while stopped for a few minutes in the traffic.....	0	1	2	3

TOTAL _____ / 24