

## THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

<b>0</b> = Would <b>Never</b> doze	<b>2</b> = <b>Moderate</b> chance of dozing
<b>1</b> = <b>Slight</b> chance of dozing	<b>3</b> = <b>High</b> chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and reading .....	<input type="text"/>
Watching TV .....	<input type="text"/>
Sitting inactive in a public place (e.g. a theater or a meeting).....	<input type="text"/>
As a passenger in a car for an hour without a break .....	<input type="text"/>
Lying down to rest in the afternoon when circumstances permit .....	<input type="text"/>
Sitting and talking to someone .....	<input type="text"/>
Sitting quietly after a lunch without alcohol .....	<input type="text"/>
In a car, while stopped for a few minutes in traffic .....	<input type="text"/>
<b>TOTAL</b>	<input type="text"/>

IF YOU SCORE 10 OR MORE IT IS INDICATIVE OF SLEEPINESS



**954-289-6106 FAX: 954-337-6101**

[www.integratedsleepcare.com](http://www.integratedsleepcare.com)



**14601 SW 29th St. Suite 109 Miramar, FL 33027**