

HOW TIRED ARE YOU?

If you have a sleep disorder, or think you might...
 Answer these simple questions to find out how drowsy you are.
 The result may surprise you!

The Epworth Sleepiness Scale¹

This test measures how sleepy you are. Indicate the likelihood that you would doze off in the following situations.

Situation	Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place, a theater or meeting	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In car, while stopped in traffic for a few minutes	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3

If you scored 10 or more points you are excessively sleepy. This does not mean that you have a sleep disorder but it might be worth looking into.

Additional questions to consider:

yes	no	
<input type="checkbox"/>	<input type="checkbox"/>	Has anyone ever told you that you snore, gasp for breath or stop breathing in your sleep?
<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had sudden onset of weakness in any part of the body?
<input type="checkbox"/>	<input type="checkbox"/>	Have you ever been awake in bed but felt like you could not move?
<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had trouble getting to sleep or staying asleep because of uncomfortable feelings in your legs?
<input type="checkbox"/>	<input type="checkbox"/>	Do you ever get out of bed and walk around to relieve these feelings?
<input type="checkbox"/>	<input type="checkbox"/>	Have you ever acted out a dream while asleep? Did this ever hurt yourself or someone else?

NAME _____

DATE _____

SLEEP DISORDER IF KNOWN _____

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¹ Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. Sleep. 1991;14(6):540-545