



ADVANCED SLEEP LABS
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Always Tired? Can't Focus? Having Trouble Staying Awake?

Find out now if your sleepiness is excessive.

It's easy. **The Epworth Sleepiness Scale (ESS)** has 8 routine situations that you rate on a scale from 0 to 3 based on your likelihood of dozing off or fall asleep in each situation. Write the number that corresponds with your answer for each situation in the chance of dozing box.

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

Situation	Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing	My score
Sitting and reading	0	1	2	3	
Watching television	0	1	2	3	
Sitting inactive in a public place – for example, a theater or meeting	0	1	2	3	
As a passenger in a car for an hour without a break	0	1	2	3	
Lying down to rest in the afternoon	0	1	2	3	
Sitting and talking to someone	0	1	2	3	
Sitting quietly after lunch (when you've had no alcohol)	0	1	2	3	
In a car, while stopped in traffic	0	1	2	3	
Total score:					

Name: _____ Date: _____