



# ANNAPOLIS *Sleep* SPECIALISTS

## Epworth Sleepiness Scale

Name \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

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. Even if you haven't done some of these things recently, try to estimate how they would have affected you.

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

*It is important that you answer each question as best you can.*

### Situation

### Chance of Dozing (0-3)

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting inactive in a public place (e.g. a theater or a meeting) \_\_\_\_\_

Sitting as a passenger in a car for an hour without a break \_\_\_\_\_

Lying down to rest in the afternoon when circumstances permit \_\_\_\_\_

Sitting and talking to someone \_\_\_\_\_

Sitting quietly after a lunch without alcohol \_\_\_\_\_

In a car, while stopped for a few minutes in traffic \_\_\_\_\_

**Total Score\*** \_\_\_\_\_

\*A total score of 10 or more suggests the need for further evaluation to determine the cause of excessive sleepiness and whether the patient has an underlying sleep disorder. **Please call 410-266-1466 to schedule a sleep evaluation with one of our board-certified sleep physicians.**



**Annapolis Sleep Specialists | Annapolis Asthma, Pulmonary & Sleep Specialists**

AAMC Health Sciences Pavilion  
2000 Medical Parkway, Suite 607  
Annapolis, Maryland 21401  
Phone: 410.-266 -1644

[www.annapolisleepmedicine.com](http://www.annapolisleepmedicine.com)  
[www.annapolispulmonary.com](http://www.annapolispulmonary.com)