

EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale is widely used in the field of sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of eight situations in which a patient rates his/her tendency to become sleepy on a scale of 0, no chance of dozing, to 3, high chance of dozing.

- No chance of dozing =0
 - Slight chance of dozing =1
 - Moderate chance of dozing =2
 - High chance of dozing =3
- 1) Sitting and reading
 - 2) Watching TV
 - 3) Sitting inactive in a public place (ex: a theater or meeting)
 - 4) As a passenger in a car for an hour without a break
 - 5) Laying down to rest in the afternoon when circumstances permit
 - 6) Sitting and talking to someone
 - 7) Sitting quietly after a lunch without alcohol
 - 8) In a car while stopped for a few minutes in traffic

Score interpretation:

0-7: Unlikely that the patient is abnormally sleepy

8-9: Average amount of daytime sleepiness

10-15 Consider medical evaluation

16-24 Medical evaluation recommended

Further assessment by placing sleep clinic consult.

Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. Sleep 1991; 14(6):540-5.