

NAME _____ DATE _____

EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale (ESS) measures your general level of sleepiness. Your score can help start a conversation with the dentist about excessive sleepiness (ES) and underlying causes of ES such as Obstructive Sleep Apnea (OSA), shift work disorder (SWD), and narcolepsy.

Rate the chance that you would doze off during the following routine daytime situations.

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

Situation:	Chance of Dozing:
Sitting and reading	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>
Sitting, inactive in a public place (e.g. a theater or a meeting)	<input type="checkbox"/>
As a passenger in a car for an hour without a break	<input type="checkbox"/>
Lying down to rest in the afternoon when the circumstances permit	<input type="checkbox"/>
Sitting and talking to someone	<input type="checkbox"/>
Sitting quietly after a lunch without alcohol	<input type="checkbox"/>
In a car, while stopped for a few minutes in the traffic	<input type="checkbox"/>
Total	<input type="checkbox"/>

<p>Score:</p> <p>0 – 10 Normal range</p> <p>10 – 12 Borderline</p> <p>12 – 24 Abnormal</p>
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