

Epworth Sleepiness Scale (ESS)

Regarding drowsiness rather than just fatigue enter the number that corresponds to how likely drowsiness is to occur to you in the following situations:

0 = NEVER OCCURS

1 = OCCASSIONALLY OCCURS (LESS THAN 50% OF THE TIME)

2 = OFTEN OCCURS (50% of the time)

3 = USUALLY OCCURS (more than 50% of the time)

A. Sitting and Reading _____

B. Watching TV _____

C. At a public place like a theater or meeting _____

D. While a passenger in a car riding for one hour _____

E. Lying down in the afternoon _____

F. Sitting and talking to someone _____

G. Sitting down after lunch _____

H. While driving a car and stopped at a traffic light _____

TOTAL _____

PATIENT NAME: _____

DOB: _____

DATE: _____