

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations? Use the following scale to choose the most appropriate number for each situation:

- | |
|---|
| 0 = would <i>never</i> doze or sleep.
1 = <i>slight</i> chance of dozing or sleeping
2 = <i>moderate</i> chance of dozing or sleeping
3 = <i>high</i> chance of dozing or sleeping |
|---|

<i>Situation</i>	<i>Chance of Dozing or Sleeping</i>
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a motor vehicle for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
Total score: (This is your Epworth score)	

ASSESSING RESULTS:

- A score of 10 or more is considered sleepy.
- A score of 18 or more is considered very sleepy.
- If you score 10 or more on this test, you should discuss the results with your physician.

NOTE:

- Not all people with OSA experience daytime sleepiness.
- If you did not score in the higher ranges but you have concerns about your sleep, talk to your doctor.

If you have any kind of heart condition, it is especially important to watch for signs that you may have a sleep-related breathing disorder, which could stress your heart.

SLEEP CENTER OF INDIANA

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Located at St. Vincent Heart Center of Indiana

Centralized Scheduling 866-363-7535