

Purpose Designed to evaluate overall daytime sleepiness, the questionnaire asks respondents to rate how likely they are to fall asleep in eight different situations. Each circumstance represents a moment of relative inactivity, from lying down for a nap in the afternoon to sitting in a car stopped in traffic. The scale may be indicated for use in research as well as for clinicians requiring an efficient screening device for daytime sleepiness.

Population for Testing The scale has been validated with a population of adults with ages ranging from 18 to 78 years.

Administration A brief, pencil-and-paper self-report measure, the questionnaire should require approximately 2–5 min for completion.

Reliability and Validity The scale's psychometric properties were evaluated initially in a study by Johns [2]. When compared to the results of two other tests measuring daytime sleepiness

[1], the ESS had a sensitivity of .94 and a specificity of 1.00.

Obtaining a Copy The scale is under copyright. The official website for this scale is www.epworthsleepinessscale.com.

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Scoring Using a scale of 0–3 (with 0 meaning “would *never* doze” and 3 meaning “*high* chance of dozing”), respondents rate their likelihood of falling asleep in a variety of situations. Total scores can range from 0 to 24. In terms of interpreting results, Johns and Hocking [3] have found a mean score of 4.6 ± 2.8 SD in normal participants. Thus, Johns [1] suggests a cutoff score 10 for identifying daytime sleepiness at a potentially clinical level.

Epworth Sleepiness Scale

Name: _____ Today's date: _____

Your age (Yrs): _____ Your sex (Male = M, Female = F): _____

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 work out 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 theatre or a meeting) _____	
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 the traffic _____	

THANK YOU FOR YOUR COOPERATION

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References

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Representative Studies Using Scale

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