

## Epworth Sleepiness Scale

The Epworth Sleepiness Scale is a set of questions that have been used to evaluate the restfulness of a patient. Though it is not a true test that can prove you have sleep apnea, it is certainly can suggest that you are more prone to fall asleep than other and should be evaluated by a physician. The questions are useful assuming that you are sleeping regularly and are in your usual state of health.

*For the following situations, answer with one of the following numbers:*

*0 - Would never doze*

*1 - slight chance of dozing*

*2 - moderate chance of dozing*

*3 - high chance of dozing*

Situation	Score
Sitting and reading	<input type="checkbox"/>
Watching Television	<input type="checkbox"/>
Sitting, inactive in a public place	<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 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 traffic	<input type="checkbox"/>
<b>Total Score</b>	<input type="checkbox"/>