

THE EPWORTH SLEEPINESS SCALE

Evaluation for Daytime Sleepiness

This should be used as a screening tool during a regular history and physical to aid in the evaluation of patients sleeping habits. The results can suggest that a patient may or may not benefit from an evaluation by the sleep lab.

Directions: How likely are you to doze off or fall asleep in the following situations in contrast to feeling "just tired"? Even if you have not done some of these things recently, try to work out how they would have affected you. Use the scale below 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

Situation:

Chance of Dozing

Sitting and reading
Watching television
Sitting inactive in a public place (theater, meeting, etc.)
A passenger in a car for an hour without a break
Lying down to rest in the afternoon
Sitting and talking quietly to someone
Sitting quietly after lunch without alcohol
In a car while stopped for a few minutes in traffic

Score of 1 to 6 Patient getting a GOOD amount of sleep

Score of 7 to 8 Patient getting an average amount of sleep.
May benefit from a sleep lab evaluation

Score of 9 to 24 Patient getting poor quality sleep
Should be evaluated by the sleep lab



BON SECOURS CHARITY HEALTH SYSTEM

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