



Name: _____ Date of Birth: _____

Date: _____ Height _____ Weight: _____

Epworth Scale

0= WOULD NEVER DOSE

1= SLIGHT CHANCE OF DOZING

2=MODERATE CHANCE OF DOZING

3=HIGH CHANCE OF DOZING

Situation	Chance of Dozing (0-3)
Sitting and Reading	_____
Watching Television	_____
Sitting inactive in a public place (e.g. a theater or meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit	_____
Sitting quietly after lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
Total Score:	_____

Score Results:

1-6 Congrats, You are getting enough sleep!

7-8 Your score is average.

9+ Very sleep and should ask for sleep assistance!