

The Epworth Sleepiness Scale (ESS)

How likely are you to doze off in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times.

Even if you have done some of these things recently, try to work out how they would have affected.

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

Situation	Chance of dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (eg theatre or meeting)	
As a passenger in a care for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

Thank you for your co-operation.

Technician's use only:

Date:

CPAP Pressure: cm H₂O

Total Epworth Score:

Neck Circumference: cm

Patient name: Unit Number: DOB: