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THE EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale is widely used in the field of sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of eight situations in which you rate your tendency to become sleepy on a scale of 0, no chance of dozing to 3, high chance of dozing. When you finish the test, add up the value of your responses. Your total score is based on a scale of 0 to 24. The scale estimates whether you are experiencing excessive sleepiness that possibly requires medical attention.

HOW SLEEPY ARE YOU?

How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently, try to determine how they would have affected you. For each situation, determine whether or not you would have:

- No chance of dozing:** 0
- Slight chance of dozing:** 1
- Moderate chance of dozing:** 2
- High chance of dozing:** 3

Write down the number of your choice in the corresponding column. Total your score below.

| SITUATION | CHANCE OF DOZING |
|---|------------------|
| <i>Sitting and reading.</i> | |
| <i>Watching TV.</i> | |
| <i>Sitting inactive in a public place (i.e. a theatre or a meeting)</i> | |
| <i>As a passenger in a car for an hour without a break.</i> | |
| <i>Lying down in the afternoon to rest when circumstances permit.</i> | |
| <i>Sitting and talking to someone.</i> | |
| <i>Sitting quietly after a lunch without alcohol.</i> | |
| <i>In a car while stopped for a few minutes in traffic.</i> | |

TOTAL SCORE