

Epworth Sleepiness Scale

Patient Name: _____

Date: _____

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 others 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	
Watching Television	
Sitting, inactive in a public place	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

Total Score

Screening tool for Sleep Apnea

Developed by David White, M.D., Harvard Medical School, Boston, MA

1. Snoring

- a) Do you snore on most nights (more than 3 times/week)? Yes (2) No (0)
b) Is your snoring loud (can it be heard through a door or wall)? Yes (2) No (0)

2. Has it ever been reported to you that you stop breathing or gasp during sleep?

- Never (0)
Occasionally (3)
Frequently (5)

3. What is your collar size?

- Male: less than 17 inches (0) more than 17 inches (5)
Female: less than 16 inches (0) more than 16 inches (5)

4. Do you occasionally fall asleep during the day when:

- a) You are not busy or active? Yes (2) No (0)
b) You are driving or stopped at a light? Yes (2) No (0)

5. Have you had or are you being treated for high blood pressure?

- Yes (1) No (0)

Physician's Signature: _____ Date: _____

Results: Normal Abnormal

Literature Given: