

# Awake In America, Inc.

A Pennsylvania-based 501(c)(3) (non-profit) corporation

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## EPWORTH SLEEPINESS SCALE

*A self-scoring quiz of probable sleep disorder developed by Dr. Murray Johns*

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**Please complete this self-scoring test and share it with your physician**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Using the chart below, answer each question by circling the most appropriate number in the fields to the far right that show how likely you are to doze off in any of the following situations. Remember, this is a self-scoring quiz, so there is no "right" or "wrong" answer. Not being honest on this quiz could eventually result in serious health issues, such as heart attack, stroke, diabetes, glaucoma, memory loss, sexual dysfunction, involvement in motor vehicle accidents, and more.

The premise of each question is:

***How likely are you to doze off or fall asleep in the following situation?***

Scoring is based on a set of numbers, from zero to three, with zero meaning there is **no chance** of you falling asleep in that situation, and three meaning you will likely falling asleep in that situation.

In the situations below, what's the chance you will doze off?	Your chance of dozing			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g., a theater or meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch, without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

Add the total of all scores above. **Total from above:** \_\_\_\_\_

***If your score is 10 or higher, you may want to schedule an earlier appointment with your physician.***

**Present this form to your physician at your next visit.**

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