

\* **Required fields**

## Epworth Sleepiness Scale

\* Name of Site: \_\_\_\_\_

\* Type of Visit: \_\_\_\_\_

e.g. Screening, Baseline, 6 months, 12 months, 18 months, 24 months, 30 months, 36 months, 42 months, 48 months, 54 months, 60 months.

\* Date of Visit: \_\_\_\_\_

\* GUID: \_\_\_\_\_

\* Age of Subject (years and months): \_\_\_\_\_ Subject ID: \_\_\_\_\_

Use the following scale to choose the most appropriate number for each situation:

- 0 = would *never* doze or sleep.
- 1 = *slight* chance of dozing or sleeping
- 2 = *moderate* chance of dozing or sleeping
- 3 = *high* chance of dozing or sleeping

<b>Situation</b>	<b>Chance of Dozing or Sleeping</b>
*Sitting and reading	_____
*Watching TV	_____
*Sitting inactive in a public place	_____
*Being a passenger in a motor vehicle for an hour or more	_____
*Lying down in the afternoon	_____
*Sitting and talking to someone	_____
*Sitting quietly after lunch (no alcohol)	_____
*Stopped for a few minutes in traffic while driving	_____
<b>Total score (sum of points)</b>	_____

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. A score of 10 or more is concerning, and suggests the need to see a sleep specialist.