

## Epworth Sleepiness Score

<b>Situation</b>	<b>Chance of dozing</b> 0 = no chance of dozing 1 = slight chance of dozing 2 = moderate chance of dozing 3 = high chance of dozing
Sitting and reading	
Watching television	
Sitting inactive in a public place (e.g. a cinema or meeting)	
As passenger in a car for > 1 hour	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to a companion	
Sitting quietly after an alcohol-free lunch	
In a car, while stopped briefly in heavy traffic	
<b>Total Epworth Sleepiness Score</b>	

Johns MW, A new method for measuring daytime sleepiness: the Epworth sleepiness scale. Sleep, 14(6):540-545.)