

ELECTRA MEMORIAL HOSPITAL

CARDIOPULMONARY

EPWORTH SLEEPINESS SCALE

How likely are you to fall asleep/doze during the following?

0 = No chance 1= Slight chance 2= Moderate chance 3 = High chance

- _____ Sitting and Reading
- _____ Watching TV
- _____ Sitting inactive in a public place (Theatre or Meeting)
- _____ 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 with someone
- _____ Sitting quietly after lunch, without alcohol
- _____ Driving a car or while stopped in traffic

- _____ **Total Score**

< 8 = Normal sleep function

8 – 10 = Mild sleepiness

11-15 = moderate sleepiness

16-20 = Severe sleepiness

21-24 = Excessive sleepiness