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## EPWORTH SLEEPINESS SCALE (ESS)

The following has been adapted from the CDC website. The full articles may be found here:  
<https://www.cdc.gov/niosh/emres/longhourstraining/scale.html>

**Instructions:** In your current, usual way of life, how likely are you to nod off or fall asleep in the following situations, in contrast to feeling just tired? Even if you haven't done some of these things recently, try to work out how they would affect you. It is important that you answer each question as best you can. Using the following scale, choose the most appropriate number for each situation.

Situation	0 - Would never nod off	1 - Slight chance of nodding off	2 - Moderate chance of nodding off	3 - High chance of nodding off
Sitting and reading				
Watching TV				
Sitting, inactive, in a public place (e.g., in a meeting, theater, or dinner event)				
As a passenger in a car for an hour or more without stopping for a break				
Lying down to rest when circumstances permit				
Sitting and talking to someone				
Sitting quietly after a meal without alcohol				
In a car, while stopped for a few minutes in traffic or at a light				
Add all your answers together to get your overall score →				

0-5 Lower Normal Daytime Sleepiness  
 6-10 Higher Normal Daytime Sleepiness  
 11-12 Mild Excessive Daytime Sleepiness  
 13-15 Moderate Excessive Daytime Sleepiness  
 16-24 Severe Excessive Daytime Sleepiness

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