

Take this test and discuss with your doctor

EPWORTH SLEEPINESS SCALE*	Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place (e.g. a theatre or a meeting)	0	1	2	3
As a passenger in a car for an hour without 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
SUB-TOTAL				
TOTAL				

Results

- <10 You are getting enough sleep. If anything changes you may want to see your GP.
- 10-16 You may be suffering from excessive daytime sleepiness. Your GP can suggest ways to improve your sleep hygiene.
- >16 You are dangerously sleepy. See your GP to find out how you can combat this and get your life back on track.

The Epworth Sleepiness Scale is a questionnaire developed to measure daytime sleepiness by Dr. Murray Johns of Melbourne (© MW Johns 1990-1997).

