

Epworth Sleepiness Score (ESS)

How to complete this Questionnaire:

<ul style="list-style-type: none"> • How likely are you to doze or fall asleep in the following situations in contrast to just feeling tired? • This refers to your usual way in recent times. • Even if you have not done some of these things recently, try to work out how they would have 	<p>0 = Would never doze 1 = Slight chance of dozing 2 = Moderate chance of dozing 3 = High chance of dozing</p>
--	--

Situation	Chance of Dozing
Sitting inactive in a public place (e.g. a theatre or meeting)	0 1 2 3
Sitting quietly after lunch without alcohol	0 1 2 3
Sitting and Reading	0 1 2 3
Watching TV	0 1 2 3
Sitting and talking to someone	0 1 2 3
Lying down to rest during the day when circumstances permit	0 1 2 3
As a passenger in a car without break	0 1 2 3
In a car, while stopped for a few minutes in traffic	0 1 2 3
TOTAL 8 x 3 = 24 max	_____

A score of 1-6 out of 24 implies a 'normal' sleep

A score of 7-8 out of 24 implies average sleepiness

A Score of 9-24 out of 24 implies abnormal (possibly pathologic) sleepiness

You may want to organise an assessment with the MEG Team.

Patient Questionnaire – Epworth Sleepiness Score (ESS)



Redrawn from: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. *Sleep* 1991; 14:540