

How Sleepy Are You?

Use this questionnaire to measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item describes a routine situation. Use the scale below to rate the likelihood that you would doze off or fall asleep during that activity.

0	1	2	3
<i>Would never doze</i>	<i>Slight chance of dozing</i>	<i>Moderate chance of dozing</i>	<i>High chance of dozing</i>

Sitting & Reading _____ *chance of dozing*

Watching Television _____ *chance of dozing*

Sitting inactive in a public place, for example, a theater or meeting _____ *chance of dozing*

As a passenger in a car for an hour without a break _____ *chance of dozing*

Lying down to rest in the afternoon _____ *chance of dozing*

Sitting & talking to someone _____ *chance of dozing*

In a car, while stopped in traffic _____ *chance of dozing*

Sitting quietly after lunch (when you've had no alcohol) _____ *chance of dozing*

Sources: National Sleep Foundation and M.W. Johns 1990-97 ©

If your total is 10 or higher, consider discussing these results with your physician or other health care provider. Keeping a sleep diary for two weeks or longer can help you identify behaviors that might contribute to your fatigue.



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