

PROF. STUART G MACKAY BSc (Med) MBBS (Hons) FRACS DR STEPHEN J PEARSON MBBS BSc (Med) Hons 1 FRACS DR DANIEL S COX MBBS FRACS (ORL HNS) ABN: 19 202 687 678

Suites 1&2 / 8-10 Victoria Street WOLLONGONG NSW 2500 Phone: 02 4226 1055 Email: reception@illawarraent.com.au

## **EPWORTH SLEEPINESS SCALE**

	Date:		
Name:	 		
Date of Birth:	 		
Your age in years:	 Your sex:	Male	Female
Your weight (kgs):	 Your height (cms):		

## HOW LIKELY ARE YOU TO DOZE OFF OR FALL ASLEEP IN THE SITUATIONS DESCRIBED BELOW, IN CONTRAST TO FEELING JUST TIRED?

This refers to your usual way of life in recent times. Even if you have not done some of the things recently, try to work out how they would have affected you.

Use the following scale to choose the most appropriate number for each situation:

0	=	WOULD <u>NEVER</u> DOZE
1	=	SLIGHT CHANCE OF DOZING
2	=	MODERATE CHANCE OF DOZING
3	=	<u>HIGH</u> CHANCE OF DOZING

SITUATION	CHANCE OF DOZING			
Sitting and reading				
Watching TV				
Sitting, inactive in a public place (e.g. a theatre or a 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 to someone				
Sitting quietly after a lunch without alcohol				
In a car, while stopped for a few minutes in the traffic				
TOTAL				
SCORE: 0 - 10 = NORMAL RANGE 10 - 12 = BORDERLINE 12	- 24 = ABNORMAL			