Epworth Sleepiness Scale (ESS)

Regarding drowsiness rather than just fatigue enter the number that corresponds to how likely drowsiness is to occur to you in the following situations:

0 = NEVER OCCURS
1 = OCCASSIONALLY OCCURS (LESS THAN 50% OF THE TIME)
2 = OFTEN OCCURS (50% of the time)
3 = USUALLY OCCURS (more than 50% of the time)

A. Sitting and Reading

B. Watching TV

C. At a public place like a theater or meeting

D. While a passenger in a car riding for one hour

E. Lying down in the afternoon

F. Sitting and talking to someone

G. Sitting down after lunch

H. While driving a car and stopped at a traffic light

TOTAL

PATIENT NAME: 

DOB: 

DATE: 