West Los Angeles Pulmonary Medical Group

Omar Tirmizi, MD, FCCP

Patient \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Epworth Sleepiness Scale (ESS)

The following questionnaire will help measure your general level of daytime sleepiness. You are to rate the chance that you would doze off or fall asleep during different routine daytime situations. Answers to the questions are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item is rated from 0 to 3, with 0 meaning you would never doze or fall asleep in a given situation and 3 meaning that there is a very high chance that you would doze or fall asleep in that situation.

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

Even if you haven’t done these activities recently, think about how they would affect you.

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

0 = would never doze 2 = moderate chance of dozing

 1 = slight chance of dozing 3 = high chance of dozing

|  |  |
| --- | --- |
| **Situation** | **Chance of dozing (0-3)** |
| Sitting and reading |  | 0 | 1 | 2 | 3 |  |
| Watching TV |  | 0 | 1 | 2 | 3 |  |
| Sitting inactive in a public place (meeting or theater) |  | 0 | 1 | 2 | 3 |  |
| Passenger in a car for an hour without a break |  | 0 | 1 | 2 | 3 |  |
| Lying down to rest in the afternoon |  | 0 | 1 | 2 | 3 |  |
| Sitting talking to someone |  | 0 | 1 | 2 | 3 |  |
| Sitting quietly after lunch ( when you have had no alcohol) |  | 0 | 1 | 2 | 3 |  |
| In a car, while stopped in traffic |  | 0 | 1 | 2 | 3 |  |
|  | Total Score |   |