Neurodiagnostic Sleep Lab - The Epworth Sleepiness Scale (Adult)

Patient Name: _________________________________  Today's date: __________________

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 haven’t done some of these 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 **never** doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

*It is important that you answer each question as best you can.*

<table>
<thead>
<tr>
<th>Situation</th>
<th>Chance of dozing (0-3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting and reading</td>
<td></td>
</tr>
<tr>
<td>Watching TV</td>
<td></td>
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<tr>
<td>Sitting, inactive in a public place (e.g. a theatre or a meeting)</td>
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<tr>
<td>As a passenger in a car for an hour without a break</td>
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<tr>
<td>Lying down to rest in the afternoon when circumstances permit</td>
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<tr>
<td>Sitting and talking to someone</td>
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<tr>
<td>Sitting quietly after a lunch without alcohol</td>
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<tr>
<td>In a car, while stopped for a few minutes in the traffic</td>
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</tbody>
</table>

**Total**

<table>
<thead>
<tr>
<th>Patient Signature</th>
<th>Print Name</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
</table>

Phone □  Video □  

Qualified Staff/Interpreter Signature  (Check)  Print Qualified Staff/ Interpreter Name  ID Number  Language Interpreted

Advent Health
The Epworth Sleepiness Scale-Adult
Tab: Clinical Notes  DH: Patient Care Notes
727-0003 (12/18) MPC 225333

Patient Label