

JAMES J. KERIGAN, M.D.  
R.A.I. KATARA, M.D.



MAHESH D. CHHABRIA, M.D.  
ANDREA VACHERA, PA-C

NEUROLOGY ASSOCIATES OF MONROE COUNTY, PC

## Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the situation described in the box below?

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

### Situation

\_\_\_ Sitting and reading

\_\_\_ Watching TV

\_\_\_ Sitting inactive in a public place (e.g. theatre or 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

\_\_\_\_\_ TOTAL