

The Epworth Sleep Scale

The Epworth Sleep Scale is a questionnaire that is widely used to determine how likely a person is to doze off or fall asleep in everyday situations.

0 = no chance of dozing

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, not moving, in a public place (theatre or meeting)	0	1	2	3
As a 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 and talking with someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car while stopped for a few minutes in traffic	0	1	2	3

Scoring:

1-6....Congratulations, you are getting enough sleep

7-8...Your score is average

9+...you may be experiencing a dangerous level of fatigue.

NOTE: The Epworth Sleep Scale can be used to determine if are fatigued. If you score 9+, it may be a good idea to speak with a sleep specialist.

Questionnaire obtained from “Shifting to Wellness” module 3 “Introduction to Trainers/Facilitators. Keyano College, Fort McMurray, Alberta.