

**Bon Secours Sleep Disorder Institute
at St Anthony Community Hospital**

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ST. ANTHONY COMMUNITY HOSPITAL
MOUNT ALVERNO - SCHERVIER PAVILION - DAY AT A TIME
Bon Secours Charity Health System

The Epworth Sleepiness Scale
Evaluation for Daytime Sleepiness

This should be used as a screening tool during a regular history and physical to aid in the evaluation of patients sleeping habits. The results can suggest that a patient may or may not benefit from an evaluation by the sleep lab.

Directions: How likely are you to doze off or fall asleep in the following situations in contrast to feeling "just tired"? Even if you have not done some of these things recently, try to work out how they would have affected you. Use the scale below 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

Situation

Chance of Dozing

Sitting and reading

Watching television

Sitting inactive in a public place (theater, meeting, etc.)

A passenger in a car for an hour without a break

Lying down to rest in the afternoon

Sitting and talking quietly to someone

Sitting quietly after lunch without alcohol

In a car while stopped for a few minutes in traffic

TOTAL:

Results:

Score of 1 to 6

Patient getting a GOOD amount of sleep

Score of 7 to 8

**Patient getting an average amount of sleep
May benefit from a sleep lab evaluation**

Score of 9 to 24

**Patient getting poor quality sleep
Should be evaluated by the sleep lab**