

APPENDIX A – EPWORTH SLEEPINESS SCALE

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How likely are you to doze off or fall asleep in the following situations?
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

Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (theater, 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 in traffic	_____
Total	