



# SLEEP DISORDERS CENTER

West Jefferson Medical Center

## The Epworth Sleepiness Scale

Patient's Name \_\_\_\_\_ Date \_\_\_\_\_

**Please rate the chance of falling asleep during each scenario.**

		Never	Slight Chance	Moderate Chance	High Chance
1	Sitting and Reading	0	1	2	3
2	Watching TV	0	1	2	3
3	Sitting, inactive in a public place (e.g. Theatre or a meeting)	0	1	2	3
4	As a passenger in a car for an hour without a break	0	1	2	3
5	Lying down to rest in the afternoon when circumstances permit	0	1	2	3
6	Sitting and talking to someone	0	1	2	3
7	Sitting quietly after a lunch without alcohol	0	1	2	3
8	In a car, while stopped for a few minutes in the traffic	0	1	2	3

**Score Total:** \_\_\_\_\_

*(A score of 10 or higher is considered abnormal)*

*If you're score is abnormal, please print this out and bring to your physician for follow-up treatment, along with the sleep questionnaire (found on [www.wjmc.org/sleep](http://www.wjmc.org/sleep)).*

**Questions? Call the West Jefferson Sleep Disorders Center at 504.349.6966**

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