

Sleep Apnea Quiz

The Epworth Sleepiness Scale

How likely are you to doze off during the day? The Epworth Sleepiness Scale is commonly used in the field of sleep medicine as a subjective measure of sleepiness.

Below you will find a list of eight situations. Please rate your likeliness to fall asleep for each situation. You will then add up the values and total your score. This will give us a good idea of whether your excessive sleepiness requires treatment.

- No chance of dozing = 0
- Slight chance of dozing = 1
- Moderate chance of dozing = 2
- High chance of dozing = 3

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g., a theater or a 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	
In a car, while stopped for a few minutes in traffic	
Sitting quietly after a lunch without alcohol	
Total Score =	

Results

- **0-7:** It is unlikely that you are abnormally sleepy.
- **8-9:** You have an average amount of daytime sleepiness.
- **10-15:** You may be excessively sleepy depending on the situation. You may want to consider seeking treatment.
- **16-24:** You are excessively sleepy and should seek treatment.

We would be more than happy to discuss your results with you, because you deserve to live life to the fullest.

Give us a call today to schedule your Complimentary Consultation.

CALL (318) 814-9020