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Vail Valley Medical Center

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Date: \_\_\_\_\_

The Epworth Sleepiness Scale can help you determine if you have a high level of daytime sleepiness. Contact your healthcare provider if you would like to be referred for a sleep study or return this form by email to sleepmedicine@vvmc.com or return by fax to 970-479-7188.

**Epworth Sleepiness Scale**

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepiness. A score of 18 or more is excessive sleepiness. If you score 10 or more on this test, you should evaluate whether you are obtaining sufficient sleep, or need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.

**How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?**

**Situation: Chance of dozing**

**Sitting and reading**

- 0 would never doze
- 1 slight chance of dozing
- 2 moderate chance of dozing
- 3 high chance of dozing

**Watching TV**

- 0 would never doze
- 1 slight chance of dozing
- 2 moderate chance of dozing
- 3 high chance of dozing

**Sitting, inactive in a public place**

- 0 would never doze (i.e., a theater or meeting)
- 1 slight chance of dozing
- 2 moderate chance of dozing
- 3 high chance of dozing

**As a passenger in a car for an hour without a break**

- 0 would never doze
- 1 slight chance of dozing
- 2 moderate chance of dozing
- 3 high chance of dozing

**Lying down to rest in the afternoon**

- 0 would never doze
- 1 slight chance of dozing
- 2 moderate chance of dozing
- 3 high chance of dozing

**Sitting and talking to someone**

- 0 would never doze
- 1 slight chance of dozing
- 2 moderate chance of dozing
- 3 high chance of dozing

**The Epworth Sleepiness Scale result:** \_\_\_\_\_

A total score of less than 10 indicates that you may not be suffering from excessive daytime sleepiness. A total score of 10 or more suggests that you may need further evaluation by a physician to determine the cause of your excessive daytime sleepiness and whether you have an underlying sleep disorder.