



WhidbeyHealth Sleep Care

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider consulting a sleep specialist. Please discuss with your personal physician.

If you would like to discuss your score, or if you have questions about sleep disorders, please contact WhidbeyHealth Sleep Care at **360-240-4080, Monday through Thursday from 8:30 a.m. to 4:30 p.m.**

Use the following scale to choose the most appropriate number for each situation:

0 = would *never* doze or sleep.

1 = *slight* chance of dozing or sleeping

2 = *moderate* chance of dozing or sleeping

3 = high chance of dozing or sleeping

Situation	Chance of Dozing or Sleeping
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Sitting and reading _____

Watching TV _____

Sitting inactive in a public place _____

Being a passenger in a car for an hour or more _____

Lying down in the afternoon _____

Sitting and talking to someone _____

Sitting quietly after lunch (no alcohol) _____

Stopped for a few minutes in traffic while driving _____

Add up the numbers to find your Epworth score: _____

****WhidbeyHealth Sleep Care is a department of WhidbeyHealth Medical Center.***