

How to work out your Epworth Sleepiness Scale (ESS) score

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

For each of the situations listed below, give yourself a score of 0 to 3 where 0 = Would never doze; 1 = Slight chance; 2 = Moderate chance; 3 = High chance. Work out your total score by adding up your individual scores for situations 1 to 8.

(If you have not been in the following situations recently, think about how you would have been affected.)

Situation	Score at start of week	Score at end of week
1. Sitting and reading		
2. Watching television		
3. Sitting inactive in a public place e.g. theatre, meeting		
4. As a passenger in a car for an hour without a break		
5. Lying down to rest in the afternoon		
6. Sitting and talking to someone		
7. Sitting quietly after lunch (when you've had no alcohol)		
8. In a car, while stopped in traffic		
Total		