

Epworth Sleepiness Scale (ESS) and Sleep Diary

| Date | Naps: Times and Lengths | Medications taken/ amount/ time | Coffee (C) Tea (T) & Cola drinks (CD). No. of cups/time | Alcoholic drinks (A): No. of units*/time | Time in bed before lights out | Lights out | Estimated time to fall asleep from lights out | Estimated number of awakenings in night/ duration | Time of waking next morning | Total hours sleep/ night | Overall sleep quality: Poor = 1 Average = 2 Good = 3 |
|-------------------------------|---|--|---|---|-------------------------------------|------------|--|---|-----------------------------------|-----------------------------------|--|
| Example: Day 1 25.12.99 | 2 pm 45 mins 6.30 pm 30 mins | Zimovane 7.5 mg x 1 10.30 pm | C x 1 @ 7 am T x 2 @ 6.30 pm | A x 3 @ 7 pm A x 1 @ 10 pm | 30 mins | 11 pm | 45 mins | 2 am 15 mins 4.30 am 1 h | 7.30 am | 6½ hrs | 2 |
| Day 1 | | | | | | | | | | | |
| Day 2 | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | |
| Day 4 | | | | | | | | | | | |
| Day 5 | | | | | | | | | | | |
| Day 6 | | | | | | | | | | | |
| Day 7 | | | | | | | | | | | |

* 1 unit of alcohol is equal to half a pint of beer, a small glass of wine or a 25 ml measure of spirit.

Name _____ Age _____ Sex (M/F) _____ Start date: _____