



Patient ID Label Here

SLEEP DISORDER LAB EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This scale refers to your usual way of life in recent times. Even if you have not been in these situations recently, choose the most likely answer for yourself. Check only one box for each situation.

	NO Chance of Dozing 0	SLIGHT Chance of Dozing 1	MODERATE Chance of Dozing 2	HIGH Chance of Dozing 3
	NO	SLIGHT	MODERATE	HIGH
Sitting and reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting inactive in a public place (i.e. theater, meeting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As a passenger in a car for an hour without a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lying down to rest in the afternoon when circumstances permit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting and talking to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting quietly after a lunch without alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In a car, while stopped for a few minutes in traffic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COLUMN SUB-TOTALS:

--	--	--	--

FINAL SCALE TOTAL: _____

Scoring:

9 & up = Seek the advice of a sleep specialist promptly

7 to 8 = Average Score

1 to 6 = Congratulations, you appear to be getting enough sleep!

Contact the Drew Memorial Hospital Sleep Center to schedule a sleep study:

Stacie Ludlow, RPSGT
Sleep Center Director
778 Scogin Drive
Monticello, AR 71655

(870) 460-3555 Phone
(870) 460-3505 Fax
www.drewmemorial.org/sleep