

To help you uncover if you have a treatable sleep disorder please complete the below questionnaire and give to your G.P.

EPWORTH SLEEPINESS SCALE

INSTRUCTIONS

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? Use the scale below to rate the likelihood that you would doze off or fall asleep (in contrast to just feeling tired) during that activity. If you haven't done some of these things recently, consider how you think they would affect you.

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

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

SITUATIONS	CHANCE OF DOZING
Sitting and reading	
Watching television	
Sitting inactive in a public place (e.g. a theatre or a meeting)	
As a passenger in a car for an hour without break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

If your total score is 10 or higher, consider discussing these results with your Sleep Physician or General Practitioner. Following clinical evaluation they may recommend a sleep study for an accurate diagnosis and if appropriate, effective treatment of an underlying sleep disorder.

(Johns MW.(1991) A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale. Sleep, 14 (6); 540-545).