

### Epworth Sleepiness Scale (ESS)

PATIENT NAME: \_\_\_\_\_

D.O.B: \_\_\_\_\_

PATIENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

The Epworth Sleepiness Scale is a questionnaire to measure daytime sleepiness. Please complete this questionnaire according to how likely are you to doze or fall asleep in the following situations in contrast to just feeling tired:

Would never doze (score: 0)	Slight chance of dozing (score: 1)	Moderate chance of dozing (score: 2)	High chance of dozing (score: 3)	
				Sitting and reading
				Watching TV
				Sitting inactive in a public place (e.g. cinema or in a meeting)
				Being in a car for an hour as a passenger (without a break)
				Lying down to rest in the afternoon (when possible)
				Sitting and chatting to someone
				Sitting quietly after lunch (not having had alcohol)
				In a car when you stop in traffic for a few minutes
<b>TOTAL SCORE</b>				

Result	What your ESS result indicates
Less than 10	<p><b>You are most likely getting enough sleep</b></p> <p>However, if you have noticed a change in your normal sleep routine, you may want to discuss this with your doctor.</p>
10 - 15	<p><b>You may be suffering from excessive daytime sleepiness</b></p> <p>You should see your Doctor to determine the cause of your sleepiness and possible treatment.</p> <p>Your Doctor may refer you to Sleep Services Australia for a home-based sleep study to assist in your diagnosis.</p>
16+	<p><b>You are dangerously sleepy</b></p> <p><b><u>It is imperative that you see your Doctor</u></b> to determine the cause of your sleepiness, and to investigate treatment as soon as possible. Your Doctor can refer you to Sleep Services Australia for a sleep study to assist in your diagnosis.</p>

***\* This scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which can often be a symptom of many sleep disorders.***

*If your score is 10 or more, please share this information with your doctor - make sure you describe all your symptoms as clearly as possible to help in your diagnosis and treatment. You may want to print off this questionnaire and take the results to your doctor.*

***\* Please Note*** - true excessive daytime sleepiness is almost always caused by an underlying medical condition that can be easily diagnosed and effectively treated.