

# EPWORTH'S SLEEP SURVEY

**NAME:** \_\_\_\_\_

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

**Please place an "X" in the correct answer to the following questions:**

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

This refers to your usual way of life in recent times. Use the following scale to choose the most appropriate box for the situation.

<b>Situation</b>	<b>Chance of Dozing</b>			
	Never (0)	Sight (1)	Moderate (2)	High (3)
Sitting and reading.				
Watching TV.				
Sitting, inactive in a public place.				
As a passenger in a car for an hour without a break.				
Lying down to rest in the afternoon if circumstances permit.				
Sitting and talking to someone.				
Sitting quietly after lunch without alcohol.				
In a car, while stopped for a few minutes in traffic.				

SCORE:  (24)