# Epworth Sleepiness Scale (ESS)

Daytime sleepiness in eight everyday situations

Name _____

Date _____

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. Even if you have not done some of these things recently, try to work out how they would have affected you.

**0** Would never doze **1** Slight chance of dozing **2** Moderate chance of dozing **3** High chance of dozing

| Question | | 0 | 1 | 2 | 3 |
|---|---|---|---|---|---|
| 1 | Sitting and reading | 0 | 1 | 2 | 3 |
| 2 | Watching TV | 0 | 1 | 2 | 3 |
| 3 | Sitting inactive in a public place (for example, a theatre or a meeting) | 0 | 1 | 2 | 3 |
| 4 | As a passenger in a car for an hour without a break | 0 | 1 | 2 | 3 |
| 5 | Lying down to rest in the afternoon when circumstances permit | 0 | 1 | 2 | 3 |
| 6 | Sitting and talking to someone | 0 | 1 | 2 | 3 |
| 7 | Sitting quietly after a lunch without alcohol | 0 | 1 | 2 | 3 |
| 8 | In a car, while stopped for a few minutes in traffic | 0 | 1 | 2 | 3 |

Johns, M.W. (1991). A new method for measuring daytime sleepiness: the Epworth sleepiness scale. Sleep, 14(6), 540–545. Bands: Johns.

# Scoring the ESS

For the practitioner. Detach before handing the questionnaire to a patient.

## How to score it

1. Each answer scores the number printed beside it.
2. Add up items 1–8. The score runs from 0 to 24.
3. Find the score's band in the table further down.
4. If any question is unanswered, don't score the form.

## Score

| Scale | How | Range | Score | Band |
|---|---|---|---|---|
| **Daytime sleepiness** | Add up items 1–8 | 0–24 | | |

## Bands

| Daytime sleepiness | Score |
|---|---|
| **Lower normal daytime sleepiness** | 0–5 |
| **Higher normal daytime sleepiness** | 6–10 |
| **Mild excessive daytime sleepiness** | 11–12 |
| **Moderate excessive daytime sleepiness** | 13–15 |
| **Severe excessive daytime sleepiness** | 16–24 |

The ESS measures how likely a person is to doze in everyday situations. It is a screening measure, not a diagnosis: read the score alongside your own clinical assessment.

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