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Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations in contrast to 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. Use the following scale to choose the most appropriate number for each situation:

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

<u>Activity/Situation</u>	Chance of dozing (From the scale)
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. a movie or a meeting)	
As a passenger in a car for more than an hour	
Lying down to rest in the afternoon	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car while stopped for a few minutes in traffic	