

Take this test and get some rest.

The Epworth Sleepiness Scale

How likely are you to doze off in the following situations, in contrast to just feeling tired? Use the following scale to determine your likelihood of dozing during each of the listed activities.

0—never 1—slight 2—moderate 3—high

How likely are you to fall asleep while...

Sitting and reading _____

Watching television _____

Sitting inactive in a public place, such as a movie theater or meeting _____

As a passenger in a car for an hour without a 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 _____

Total Score

If your total score is **NINE** or higher, you may want to discuss your symptoms with your primary care physician or call Ohio Sleep Disorders Centers at 330-253-7828 to discuss further evaluation.

This scale is accepted by the American Academy of Sleep Medicine in the diagnosis of sleep disorders.



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