



Epworth Sleepiness Scale (ESS)

The Epworth Sleepiness Scale is a short questionnaire designed to measure your average level of daytime sleepiness in daily life. It helps identify how likely you are to doze off in common situations.

Please think about your usual way of life in recent times. Even if you haven't done some of these activities recently, try to imagine how they would affect you.

Instructions For each of the 8 situations below, rate your chance of dozing off or falling asleep (not just feeling tired) using this scale:

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

Write one number for each situation.

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

TOTAL SCORE _____

Interpretation (for clinical use)

- 0–9: Average daytime sleepiness
- 10–15: May indicate excessive daytime sleepiness
- 16–24: Suggests significant excessive daytime sleepiness

Patient Signature: _____ **Date:** _____

Wauwatosa Center
2626 N. 76th Street
Suite 101
Wauwatosa, WI 53213
414-476-9400

Waukesha Center
2727 N. Grandview Blvd.
Suite 100
Waukesha, WI 53188
262-547-9422

Oak Creek Center
7001 S. Howell Ave.
Suite 800
Oak Creek, WI 53154
414-856-9990

Racine Center
6211 Durand Ave.
Suite 202
Racine, WI 53406
262-598-9901

Appleton Center
W3124 Van Roy Road
Appleton, WI 54915
920-882-1710