

Dr. Gary R. DiStefano PLLC

Name: _____ Date: _____

EPIHORTH SLEEPINESS SCALE (ESS)

The following sleepiness scale can be helpful in determining how much of a sleeping disorder you have. How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Use the following scale to choose the *most appropriate number* for each situation.

- 0 – would never doze
- 1 – slight chance of dozing
- 2 - moderate chances of dozing
- 3 – high chance of dozing

Situation	Chance Of Dozing
Sitting and reading	_____
Watching television	_____
Sitting, inactive in a public place (theater or movie)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____

Total Score: _____

A score of 6 or greater indicates the possibility of a sleep breathing disorder