

THE EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale (ESS) was developed and validated by Dr. Murray Johns of Melbourne, Australia. Over the past twenty years, this simple, selfadministered questionnaire has been widely used by sleep professionals in quantifying a patient's level of daytime sleepiness, and the relationship to daytime sleepiness and problems sleeping.

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

0 = No chance of dozing

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

Use the following scale to choose the most appropriate number for each situation:

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching TV	
Sitting inactive in a public place (theater or a 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	

Interpreting Epworth Sleepiness Scores (ESS)

ESS Total Score: Level of Daytime Sleepiness

< 8 Normal sleep function

8 - 10 Mild daytime sleepiness

11 - 15 Moderate daytime sleepiness

16 - 20 Severe daytime sleepiness

21 - 24 Excessive daytime sleepiness

Source: Murray W. Johns. "A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale." Sleep 1991; 14(6): 540-5.