

Dental Sleep Medicine at

FLORESTA PLAZA
DENTAL



Patient Name: _____

Date: _____

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

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

SITUATION

CHANCE OF DOZING

- | | |
|---|-------|
| 1. Sitting and reading | _____ |
| 2. Watching television | _____ |
| 3. Sitting, inactive in public place
(ex. theater or 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 lunch without alcohol | _____ |
| 8. In a car, while stopped for a few minutes in traffic | _____ |
| TOTAL: | _____ |

