

Epworth Sleepiness Scale

Use this scale to determine your level of sleepiness.

Choose the most appropriate number for each situation:

0 = no chance of dozing

1 = slight chance of dozing or sleeping

2 = moderate chance of dozing or sleeping

3 = high chance of dozing or sleeping

Scenario	Score
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
As a passenger in a motor vehicle for an hour or more	
Lying down to rest in the afternoon when circumstances permits	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total score (add the scores up). This is your Epworth score.	

If you score 10 or higher, please talk to us about a potential sleep disorder and addressing any underlying conditions for better sleep hygiene.

Dr. Neysan Chah

B.A., B.Dent.Sc., MSc. OFPOM.,

Dip. ABOP, FAAOP, FICD

 091-763885

 info@orofacialpain.ie

 www.orofacialpain.ie