

Epworth Sleepiness Scale

Patient name: _____ Date: _____

Do you snore?
Do you wake up tired?
Do you feel tired most of the day?

If you answered yes to any of the questions above, you may have a sleep disorder that can be easily diagnosed and treated. Please review each of the following statements and rate them as they apply to you on a scale of 0-3.

How likely are you doze off or fall asleep in the following situations, in contrast to just feeling tired?

0 = Would never doze

1 = Light chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

Situation	Chance of dozing			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g. a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking with someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3
TOTAL	_____			

A score of 0 - 9 is an average score.

If your score is 10-24, your doctor may want to talk with you about options to improve your sleep health.

As a board-certified ENT specialist, Dr. Leeman is well equipped to address the issues that are keeping you from getting the sleep you need. With simple procedures that offer minimal discomfort, our physician can help get you back to your normal routine before you know it.

We can also analyze your snoring to make sure you don't have obstructive sleep apnea, which, left untreated, can lead to heart problems and serious illness.

Have questions? We are here to help. Call us at 512.478.CARE (2273).