

## SLEEPINESS QUESTIONNAIRE

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? Use the scale below 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**

**YOUR SCORE**

• Sitting and reading.	_____
• Watching television.	_____
• Sitting inactive in a public place (movie theater).	_____
• As a car passenger 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.	_____
<b>TOTAL SCORE</b>	_____

**If you scored a 6 or greater,  
 please show these results to your physician.  
 Your physician can discuss available treatment options.**

\*Adapted from the Epworth Sleepiness Scale