



Othello Community Sleep Center

315 N. 14th Avenue

Othello, WA 99344

Phone: (509) 331-2630 Fax: (509) 331-2662

Date: _____

Patient Name: _____

DOB: __/__/____

THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations

This refers to you usual way of life in recent times.

0 = no chance of dozing
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching TV	
Sitting inactive in a public place (c.g. a 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: _____