



Associated Neurologists, P.C.
69 Sand Pit Road, Danbury, CT 06810

Epworth Sleepiness Scale

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

0 = Never 1 = Slightly 2 = Moderately 3 = Highly

Sitting and Reading _____

Watching TV _____

Sitting, inactive in a public place (theatre, 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 _____