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EPWORTH SLEEPINESS SCALE

FIRST NAME					
AGE (YEARS)	GENDER	DATE			
		DD	ММ	YY	

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

This refers to your usual way of life in recent times. Even if you haven't done some of these things recently, try to work out how they would have affected you. It is important that you answer each question as best you can.

Use this scale to choose the most appropriate number for each situation:

0	1	2	3			
Would Never Doze	Slight Chance of Dozing	Moderate Chance of Dozing	High Chance of Dozing			
SITUATION			0	1	2	3
Sitting and reading						
Watching tv						
Sitting in active in a public place (e.g. a theatre 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 w	vithout alcohol					
In a car, while stopped for a f	few minutes in the traffic					

THANK YOU FOR YOUR COOPERATION!

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