The Epworth Sleepiness Scale

This simple test developed by physicians is used to determine risk for excessive daytime sleepiness. Take this simple test that is universally used by physicians as a simple guide to see if you have a sleep disorder problem. A score of 10 or more is considered sleepy and a score of 18 or more is considered excessive sleepiness. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist.

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

- 0 = would never doze or sleep
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping

<table>
<thead>
<tr>
<th>Situation</th>
<th>Chance of dozing or sleeping</th>
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</thead>
<tbody>
<tr>
<td>Sitting and reading</td>
<td></td>
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<tr>
<td>Watching TV</td>
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<tr>
<td>Sitting inactive in a public place</td>
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<tr>
<td>Being a passenger in a motor vehicle for one hour or more</td>
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<tr>
<td>Lying down in the afternoon</td>
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<tr>
<td>Sitting and talking to someone</td>
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<tr>
<td>Sitting quietly after lunch (no alcohol)</td>
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<tr>
<td>Stopped for a few minutes in traffic while driving</td>
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**TOTAL SCORE- add the scores up to determine your Epworth Score**
Have your spouse or bed partner complete the form below to assess your risk for Sleep Apnea

Could your bed partner be suffering from OSA? Take the following assessment to determine their level of risk

Please answer the following questions as they pertain to your bed partner in the past month. (DK=Do not know)

1. While sleeping, does your partner
   - Snore more than half the time  
     Y  N  DK
   - Always snore  
     Y  N  DK
   - Snore loudly  
     Y  N  DK
   - Have “heavy” or loud breathing  
     Y  N  DK
   - Have trouble breathing or struggle to breathe  
     Y  N  DK

2. Have you ever seen your partner stop breathing during the night?  
   Y  N  DK

3. Does your partner:
   - Tend to breathe through the mouth during the day  
     Y  N  DK
   - Have a dry mouth on waking up in the morning  
     Y  N  DK

4. Does your partner:
   - Wake up feeling unrefreshed in the morning  
     Y  N  DK
   - Have a problem with daytime sleepiness  
     Y  N  DK
5. Has a friend, coworker, or supervisor commented

That your partner appears sleepy during the day?  Y  N  DK

6. Is it hard to wake your partner in the morning?  Y  N  DK

7. Does your partner wake up with headaches in

the morning?  Y  N  DK

8. Is your partner overweight?  Y  N  DK

If you answered yes to even a few of these, it is highly likely that your partner may have
sleep apnea and should be tested. We know many people who put off testing because
they hate the thought of wearing CPAP or undergoing an overnight sleep study in a
sleep center. Remember—there are alternatives and we can help. Oral appliances and
home sleep studies are valid options and can help get you through this process.