**Session 5 – Sleep Tight**

*(handout 2)*

***How Sleepy Are You?***

The following questionnaire will help you measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS), the same assessment tool used by sleep experts worldwide. Each item describes a routine daytime situation. Use the scale below to rate the likelihood that you would doze off or fall asleep (in contrast to just feeling tired) during that activity. If you haven't done some of these things recently, consider how you think they would affect you. Please note that this scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which can be a symptom of a sleep disorder.

**Use the following 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 |

Sitting and reading

Watching television

Sitting inactive in a public place, for example, a theater or meeting

As a passenger in a car for an hour without a break

Lying down to rest in the afternoon

Sitting and talking to someone

Driving in a car, while stopped in traffic

Sitting quietly after lunch (when you’ve had no alcohol)

**TOTAL YOUR SCORE**

If your total score is **10 or higher**, discuss these results with your health care provider. Keeping a sleep diary for 1 week or longer can help you identify any behaviors that might contribute to your sleepiness. Sharing your symptoms as well as the results of the Epworth Sleepiness Scale and a sleep diary with your health care provider can aid in your diagnosis and treatment of any underlying causes.

**(Johns M.W. “A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale.” Sleep 14 (1991): 540–545.)**

chance of dozing:\_\_\_\_\_\_\_\_

chance of dozing:\_\_\_\_\_\_\_\_

chance of dozing:\_\_\_\_\_\_\_\_

chance of dozing:\_\_\_\_\_\_\_\_

chance of dozing:\_\_\_\_\_\_\_\_

chance of dozing:\_\_\_\_\_\_\_\_

chance of dozing:\_\_\_\_\_\_\_\_

chance of dozing:\_\_\_\_\_\_\_\_

**TOTAL**\_\_\_\_\_\_\_\_