

Daytime Sleepiness Quiz

This quiz will help you measure your level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Scale (ESS), the same assessment tool used by sleep experts.

Use the scale below to rate the likelihood that you would doze off or fall asleep during the activities below.

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.

If you score 10 or more on this test, you should consider whether you are getting adequate sleep. These issues should be discussed with your healthcare professional. Ask a member of the Norco staff for more information.

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

0 Would Never doze	1 Slight chance of dozing	2 Moderate chance of dozing	3 High Chance of dozing
Sitting and reading		Chance of dozing _____	
Watching television		Chance of dozing _____	
Sitting inactive in a public place, for example, in a theater or meeting		Chance of dozing _____	
As a passenger in a motor vehicle for an hour or more		Chance of dozing _____	
Lying down to rest in the afternoon		Chance of dozing _____	
Sitting and talking to someone		Chance of dozing _____	
Sitting quietly after lunch (no alcohol)		Chance of dozing _____	
Stopped for a few minutes in traffic while driving		Chance of dozing _____	
Add the scores up. This is your Epworth Sleepiness Score		Total Score _____	

