

SLEEPINESS SCALE

Date: _____

Patient Name: _____

Date of Birth: _____

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.

USE THE FOLLOWING SCALE TO CHOOSE THE MOST APPROPRIATE NUMBER FOR EACH SITUATION.
When you are done please total your responses:

- 0 = No chance of dozing
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

| SITUATION | CHANCE OF DOZING |
|--|------------------|
| Sitting and reading | |
| Watching TV | |
| Sitting inactive in a public place (e.g. theater or meeting) | |
| As a passenger in a car for an hour without a break | |
| Lying down to rest in the afternoon or 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 | |