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## Epworth Sleepiness Scale

The Epworth Sleepiness Scale is a set of questions that have been used to evaluate the restfulness of a patient. Though it is not a true test that can prove you have sleep apnea, it is certainly can suggest that you are more prone to fall asleep than other and should be evaluated by a physician. The questions are useful assuming that you are sleeping regularly and are in your usual state of health.

***For the following situations, answer with one of the following numbers:***

- 0 - Would never doze***
- 1 - slight chance of dozing***
- 2 - moderate chance of dozing***
- 3 - high chance of dozing***

Situation	Score
Sitting and reading	
Watching Television	
Sitting, inactive in a public place	
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 without alcohol	
In a car, while stopped for a few minutes in traffic	
<b>Total Score</b>	