

Epworth Sleepiness Scale

This scale is used to determine a person's level of daytime sleepiness. In the following situations, what is your likelihood of falling asleep or dozing?

Answer using this scale:

- 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

SITUATION	CHANCE OF DOZING OR SLEEPING
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a car for an hour	
Lying down in the afternoon	
Sitting and talking to someone	
Stopping for a few minutes in traffic while driving	
Total Epworth score	

What was your score?

- 0-6: You are getting sufficient sleep.
 - 7-9: An average score; you are occasionally sleepy during the day.
 - 10 or higher: You are not getting sufficient sleep.
- If you scored 10 or higher, consider how much sleep you regularly get: do you need to improve your sleep habits? You might want to talk with your physician or contact a sleep specialist.

Railroaders' Guide to Healthy Sleep

www.RailroaderSleep.org