

Stanford Sleepiness Scale

Use the Stanford Sleepiness Scale to evaluate how alert you feel. During your regular workday, you should rate between 1 and 3. If you constantly rate between 3 and 7 during times when you should be alert, this indicates that you are not getting sufficient sleep, and are carrying too much sleep debt. You might want to talk to your physician or a sleep specialist about ways to improve your sleep.

The Stanford Sleepiness Scale (SSS)

DEGREE OF SLEEPINESS	SCALE RATING
Feeling active, vital, alert, or wide awake	1
Functioning at high levels but not at peak; able to concentrate	2
Awake but relaxed; responsive but not fully alert	3
Somewhat foggy, let down	4
Foggy; losing interest in remaining awake; slowed down	5
Sleepy, woozy, fighting sleep; prefer to lie down	6
No longer fighting sleep, sleep onset soon; having dreamlike thoughts	7
Asleep	X

Railroaders' Guide to Healthy Sleep

www.RailroaderSleep.org