

# SLEEPINESS QUESTIONNAIRE

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? Use the scale below 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**

## SITUATION

## YOUR SCORE

Sitting and reading	_____
Watching television	_____
Sitting inactive in a public place (movie theater)	_____
As a car passenger for an hour without a break	_____
Lying down to rest in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car while stopped for a few minutes in traffic	_____

**TOTAL SCORE** \_\_\_\_\_

**If you scored a 6 or greater, please show these results to your physician.**

**Your physician can discuss available treatment options.**

Address Label

\*Adapted from the Epworth Sleepiness Scale