

Name :

DOB :

WORKSITE+WELLNESS

OCCUPATIONAL HEALTH SERVICES, LLC

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is a screening tool used to help identify risk factors for Obstructive Sleep Apnea (OSA). Obstructive sleep apnea (OSA) is characterized by episodes of complete collapse of the airway or partial collapse with an associated decrease in oxygen saturation or arousal from sleep. This disturbance results in fragmented, nonrestorative sleep. OSA has significant implications for cardiovascular health, mental illness, quality of life, and driving safety.

Please complete the screening tool below by selecting how likely you are to nod off or fall asleep in the scenarios listed 1-8. It is important that you answer each question as best you can. Use the following scale to choose the most appropriate number for each situation.

0=Would never doze off	1=Slight chance of dozing off	2=Moderate chance of dozing off	3=High chance of dozing off
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	Scenario:	Answer 0-3
1	Sitting & reading	
2	Watching TV	
3	Sitting, inactive in a public place (e.g. a theater or a meeting)	
4	Sitting as a passenger in a car for an hour without a break	
5	Lying down to rest in the afternoon	
6	Sitting & talking to someone	
7	Sitting quietly after lunch	
8	In a car, while stopped in traffic	
	Total	

Date:

W+W/Epworth Sleepiness 1