

# FATIGUE MEASUREMENT TOOL

## THE EPWORTH SLEEPINESS SCALE (ESS)

**Name:**

**Date:**

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently try to work out how they would have affected you.

Use the following scale 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

It is important that you answer each question as best you can.

Situation	Chance of Dozing (0-3)
Sitting and reading	
Watching TV	
Sitting, inactive in a public place (e.g. a theatre or a meeting)	
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 the traffic	

Check your total score to see how sleepy you are.

### **Operational Scoring Key**

1 - 5 = Congratulations, you are getting enough good quality sleep!

6 - 8 = Your score is average, but you need more and better sleep!

9 and up = Seek the advice of a sleep specialist without delay!

### **Clinical Scoring Key**

0-5 = Lower Normal Daytime Sleepiness

6-10 = Higher Normal Daytime Sleepiness

11-12 = Mild Excessive Daytime Sleepiness

13-15 = Moderate Excessive Daytime Sleepiness

16-24 = Severe Excessive Daytime Sleepiness

**For more information on the Epworth Sleepiness Scale see:**

<https://epworthsleepinessscale.com/about-the-ess/>