

EPWORTH SLEEPINESS SCALE ([Table: NEUROEVAL](#))

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 have not 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
- 4 = not applicable/situation never applies

<u>Situation</u>	<u>Chance of dozing</u>
Sitting and reading	__ ep1 __
Watching TV	__ ep2 __
Sitting, inactive in a public place (e.g. a theater or a meeting)	__ ep3 __
As a passenger in a car for an hour without a break	__ ep4 __
Lying down to rest in the afternoon when circumstances permit	__ ep5 __
Sitting and talking to someone	__ ep6 __
Sitting quietly after a lunch without alcohol	__ ep7 __
In a car, while stopped for a few minutes in the traffic	__ ep8 __
At the dinner table	__ ep9 __
While driving	__ ep10 __
During routine activities while at work or at home	__ ep11 __