

ID# \_\_\_\_\_

Date: \_\_\_\_\_

### PM Sleep Evaluation

This question refers to how sleepy or alert you feel at a particular time. We would like you to read the scale below and then rate how sleepy you feel right now. The scale ranges from 1 to 7, with 7 being the most sleepy. Please read the entire scale and then check the level that best describes your current state of sleepiness.

- 1 \_\_\_ feeling active and vital; alert; wide awake
- 2 \_\_\_ could function at a high level; but not quite at peak, able to concentrate
- 3 \_\_\_ relaxed; awake; responsive; but not at full alertness
- 4 \_\_\_ a little foggy; not a peak; let down
- 5 \_\_\_ fogginess; beginning to lose interest in staying awake; slowed down
- 6 \_\_\_ sleepiness; prefer to be lying down; fighting sleep; woozy
- 7 \_\_\_ almost in reverie; sleep onset soon; losing struggle to remain awake

Sleep technician: \_\_\_\_\_