

CLINICAL MSLT/STANFORD SLEEPINESS SCALE

ID# _____

- We would like you to 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 below and check the level that best describes your current state of sleepiness:

First Trial/Time: _____

- 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 at 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

Second Trial/Time: _____

- 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 at 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

Third Trial/Time: _____

- 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 at 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

Fourth Trial/Time: _____

- 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 at 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

During the day today did you take any over-the-counter or prescription drugs? YES NO

If yes, please list the name of each one: _____
