

# good help...

when you need a good night's sleep

## Epworth Sleepiness Scale

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**

**2 = moderate chance of dozing**

**1 = slight chance of dozing**

**3 = high chance of dozing**

SITUATION	CHANCE OF DOZING			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g. a movie theatre or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

**A score of 10 or more is considered *sleepy*.** Total: \_\_\_\_\_

**A score of 18 or more is *very sleepy*.**

The Epworth Sleepiness Scale has become the most frequently used method worldwide for assessing a person's average level of daytime sleepiness in daily life. It was developed by Dr. Murray Johns so he could assess the daytime sleepiness of patients in his own private practice and has been in use since 1991.

### Three Convenient Locations

#### St. Mary's Hospital Campus

5875 Bremono Road  
MOB South Suite 709  
Richmond, VA 23226  
(804) 673-8160

#### Memorial Regional Medical Center Campus

8266 Atlee Road, MOB II, Suite 229  
Mechanicsville, VA 23116  
(804) 764-7491

#### Midlothian Campus

13520 Hull Street Road,  
Midlothian, VA 23112  
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