

J E F F R E Y M . S H E A , M . D . , P . A .
P U L M O N A R Y / C R I T I C A L C A R E M E D I C I N E

O F F I C E : (9 0 3) 7 5 8 - 1 4 6 4

F A X : (9 0 3) 7 5 8 - 4 3 6 6

Your Name: _____

Today's Date: _____

EPWORTH SLEEPINESS QUESTIONNAIRE

In contrast to feeling tired, how likely are you to fall asleep in the following situations?
Please choose the most appropriate number for each situation.

	Never	Slight chance	Moderate	High
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in Public (e.g. meeting or theater)	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.	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 in traffic.	0	1	2	3

TOTAL SCORE : _____