EPWORTH SLEEPINESS SCALE (ESS)

- A subjective measure of sleepiness
- A simple, self-administered, validated questionnaire designed to provide a measure of the propensity for daytime sleep
- The Epworth Sleepiness Scale alone is not diagnostic but can be indicative of a problem
- This pad contains tear-off sheets to allow your patients to keep a daily record of their sleep patterns over one week and to record their ESS score at the beginning and end of this period

DO YOUR PATIENTS SUFFER FROM EXCESSIVE DAYTIME SLEEPINESS?

How likely are your patients to doze off or fall asleep during the following different, routine, daytime situations, in contrast to just feeling tired?
(If your patients have not been in the following situations recently they should think about how they would have been affected.)

SITUATION	CHANCE OF DOZING

1. Sitting and reading
2. Watching television
3. Sitting inactive in a public place e.g. theatre, meeting
4. As a passenger in a car for an hour without a break
5. Lying down to rest in the afternoon
6. Sitting and talking to someone
7. Sitting quietly after lunch (when you've had no alcohol)
8. In a car, while stopped in traffic

0 = Would never doze
1 = Slight chance
2 = Moderate chance
3 = High chance

Average control score   = 6 (range 2-10)
Average narcolepsy score = 18 (range 13-23)

HOW TO WORK OUT YOUR
EPWORTH SLEEPINESS SCALE (ESS) SCORE

How likely are you to doze off or fall asleep during the following situations, in contrast to just feeling tired?

For each of the situations listed below, give yourself a score of 0 to 3 where 0 = Would never dose; 1 = Slight chance; 2 = Moderate chance; 3 = High chance. Work out your total score by adding up your individual scores for situations 1 to 8.

(If you have not been in the following situations recently, think about how you would have been affected.)

Situation	Score at start of week	Score at end of week
1. Sitting and reading		
2. Watching television		
3. Sitting inactive in a public place e.g. theatre, meeting		
4. As a passenger in a car for an hour without a break		
5. Lying down to rest in the afternoon		
6. Sitting and talking to someone		
7. Sitting quietly after lunch (when you've had no alcohol)		
8. In a car, while stopped in traffic		
Total		