



EPWORTH Disordered Breathing Questionnaire

Name: _____

Date: _____

Age: _____

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling 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. If you are using an oral appliance for sleep apnea, answer the questions with current use in mind.

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

Situation

Chance of Dozing

Sitting and reading	_____
Watching television	_____
Sitting, inactive in a public place (i.e. theater, meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when Circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
Total score:	_____

Epworth Sleepiness Scale Interpretation

- 0-7: It is unlikely that you are abnormally sleepy
- 8-9: You have an average amount of daytime sleepiness
- 10-15: You may be excessively sleepy depending on the situation. You may want to consider seeking medical attention.
- 16-24: You are excessively sleepy and should consider seeking medical attention.