



The 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 like 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.

Pediatric & Adult Otolaryngology
 Head & Neck Surgery
 Nasal & Sinus Allergy
 Coblation Assisted Tonsillectomy
 Coblation Assisted Turbinate Reduction
 Coblation Assisted Uvula Reduction
 Sleep Apnea & Snoring
 Pillar® Procedure
 Endoscopic Sinus Surgery
 Balloon Sinuplasty™
 FinESS™
 Facial Plastic & Reconstructive Surgery

0 = no chance of dozing
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing

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Any given Situation	_____
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place (e.g. a theater or a 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 a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____

Patient Name

Date

1-6	Enough Sleep
7-8	Average Sleep
9	Seek the advice of a Sleep Specialist

Your Score
