

# Questionnaire – Epworth Daytime Sleepiness Test PLUS

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

The following questionnaire will help your doctor measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS) - the same assessment tool used by sleep experts worldwide.

Each item describes a routine daytime situation. Use the scale below to rate the likelihood that you would doze off or fall asleep (in contrast to just feeling tired) during that activity. If you haven't done some of these things recently, consider how you think they would affect you.

Please note that this scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which can be a symptom of a sleep disorder.

0 = would never doze
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing

Use the following scale to choose the most appropriate number for each situation:

Situation	Chance of Dozing Score (0-3)
1. Sitting and reading?	_____
2. Watching television?	_____
3. Sitting inactive in a public place, like a theater or 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?	_____
EPWORTH SCORE TOTAL	_____

Supplemental Questions for differential diagnosis:

9. I am overweight and find it difficult to lose weight	YES	NO
10. I have been told that I snore loudly.	YES	NO
11. I have been told that I gasp, snort or stop breathing at night.	YES	NO
12. I have high blood pressure.	YES	NO
13. Do you ever wake up with leg cramps or sore extremities		
14. Do you know if, or has someone told you that you kick, twitch, or thrash about during sleep?	YES	NO
15. Do you ever have palpitations or rapid thumping or pains in your chest?	YES	NO
16. Do you ever feel short of breath, light headed, or more exhausted than you should while at rest or with exercise?	YES	NO