

Epworth Sleepiness Scale for Adults

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

- 0 = would never doze or sleep.
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping



**JELIC
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Functional Aesthetic
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Situation	Chance of Dozing or Sleeping
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a motor vehicle for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
Total score (add the scores up) (This is your Epworth score)	

A score greater than 9 recommends a formal sleep study.

We provide patients with comprehensive evaluations and in-office surgical procedures in our surgical center to enhance privacy and personalized care for patients.

Please call our office if you have any questions or if you would like our office to provide you with a mini seminar of this topic.