



Mid-South Pulmonary &
Sleep Specialists, P.C.

The Official Pulmonary &
Sleep Specialists of the
Memphis Grizzlies



Epworth Sleepiness Scale

Do you have an undiagnosed sleep disorder?

How likely are you to fall asleep during the following situations?
Try to answer as honestly as possible.

| Situation | Chance of Dozing |
|---|------------------|
| Sitting and reading | |
| Watching TV | |
| Sitting inactive in a public place | |
| 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 | |

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

Score = _____

If you scored less than 11,
you are most likely getting
enough quality sleep.

If you scored 11 or higher,
consult a sleep specialist
immediately.

| | |
|-------|---------------------------------------|
| 0-5 | Lower Normal Daytime Sleepiness |
| 6-10 | Higher Normal Daytime Sleepiness |
| 11-12 | Mild Excessiveness Daytime Sleepiness |
| 13-15 | Moderate Excessive Daytime Sleepiness |
| 16-24 | Severe Excessive Daytime Sleepiness |