

<p align="center"><b>Epworth Sleepiness Scale</b></p> <p>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 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:</p> <p>0 - No chance of falling asleep  1 - Slight chance of falling asleep  2 - Moderate chance of falling asleep  3 - High chance of falling asleep</p> <p align="center"><b>Situation</b></p>		<p align="center"><b>Chance of Falling Asleep</b></p>			
Sitting and reading	0	1	2	3	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Watching TV	0	1	2	3	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Sitting inactive in a public place (e.g. a theater or a meeting)	0	1	2	3	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
As a passenger in a car for an hour without a break	0	1	2	3	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Lying down to rest in the afternoon as circumstances permit	0	1	2	3	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Sitting and talking to someone	0	1	2	3	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Sitting quietly after lunch without alcohol	0	1	2	3	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
In a car while stopped for a few minutes in traffic	0	1	2	3	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<p><b>Epworth Scoring Results</b>  1 - 6 = Good. You're likely getting restful sleep.  7 - 9 = Okay. You're sleep could be improved, but you may not have sleep apnea.  10 or higher = Bad. You likely have a sleep disorder like sleep apnea.</p> <p align="center">Anderson Hospital Center for Sleep Medicine  2809 N. Center Street, Maryville, IL. 62062  Phone: 618-288-6124 Fax:618-288-6597</p>					