

Always tired? Having trouble staying awake?

Find out now if your daytime sleepiness is excessive.

It's easy. **The Epworth Sleepiness Scale (ESS)** has 8 routine daytime situations that you rate on a scale from 0 to 3, based on your likelihood of dozing off or falling asleep in each situation. Write the number that corresponds with your answer for each situation in the "My score" box. Then add up your score, and share the results with your doctor.¹

The ESS is a simple survey that you can take to measure your general level of sleepiness. A total score of 10 or more on the ESS suggests the need for further evaluation.² It is important for your doctor to identify if you have an underlying sleep disorder.

Situation					My score
	Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing	
Sitting and reading	0	1	2	3	
Watching television	0	1	2	3	
Sitting inactive in a public place—for example, a theater or meeting	0	1	2	3	
Lying down to rest in the afternoon when circumstances permit	0	1	2	3	
Sitting and talking to someone	0	1	2	3	
Sitting quietly after lunch without alcohol	0	1	2	3	
In a car, while stopped for a few minutes in traffic	0	1	2	3	
As a passenger in a car for an hour without a break	0	1	2	3	
Total score:					<input type="text"/>

Ask your doctor about your results. Now that you have completed the questionnaire, you can total your score and evaluate your level of sleepiness. It's simple—just add up the numbers you chose to get your total score.

Total score:
10+

A total score of 10 or more suggests that you may be experiencing excessive sleepiness and may need further evaluation by your doctor.² For example, your doctor may determine that you have an underlying sleep disorder that is causing you to be excessively sleepy.

The Epworth Sleepiness Scale (ESS) should not be used to make your own diagnosis. It is intended to be a tool to help you identify your own general level of sleepiness. It is important to remember that sleepiness may be caused by an underlying condition that can be diagnosed and treated.

Regardless of your score, please share this information with your doctor. Be sure to describe all of your symptoms as clearly as possible to help with your diagnosis.

References: 1. Johns MW. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. *Sleep*. 1991;14(6):540-545. 2. Johns MW. Reliability and factor analysis of the Epworth Sleepiness Scale. *Sleep*. 1992;15(4):376-381.

For more information, visit www.CEPHALON.com.