



The Epworth Sleepiness Scale

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The ESS is a self-administered questionnaire with 8 questions that screens patients for excessive sleepiness. It is a valuable diagnostic tool that has been validated in numerous studies. It was developed by Dr. Murray Johns in 1990 and named after the Epworth hospital in Melbourne.

Simply answer the 8 questions accurately and add total your score. It was found that men and women both react to sleep deprivation differently and the ESS has been adjusted for this to prevent under-diagnosis of women with sleep disorders.

Scores higher than 10 suggest a sleep disorder is present and approaching 24 suggest a serious sleep disorder that may affect driving or operating machinery. Sleep-related bruxism demonstrates ESS scores of 4-9, just under that threshold, although patients suffering from sleep-related bruxism generally report poor quality sleep regardless.

On the following page you will find the ESS that you can complete. Please ensure you answer the questions from the perspective of either man or woman for more accurate results.

EPWORTH SLEEPINESS SCALE FORM

Instructions: Be as truthful as possible. Print the form. Read the situation in the first column; select your response from the second column; enter that number in the third column. Total all of the entries in the third column and enter the total in the last box.

For men, what is the chance you might doze off when...
 For women, what is the chance you would feel sleepy when...

Situation	Responses	Score
Sitting and Reading	0 = would never 1 = slight chance 2 = moderate chance 3 = high chance	
Watching Television	0 = would never 1 = slight chance 2 = moderate chance 3 = high chance	
Sitting inactive in a public place, for example, a theater or a meeting	0 = would never 1 = slight chance 2 = moderate chance 3 = high chance	
As a passenger in a car for an hour without a break	0 = would never 1 = slight chance 2 = moderate chance 3 = high chance	
Lying down to rest in the afternoon	0 = would never 1 = slight chance 2 = moderate chance 3 = high chance	
Sitting and talking to someone	0 = would never 1 = slight chance 2 = moderate chance 3 = high chance	
Sitting quietly after lunch when you've had no alcohol	0 = would never 1 = slight chance 2 = moderate chance 3 = high chance	
In a car while stopped in traffic	0 = would never 1 = slight chance 2 = moderate chance 3 = high chance	
TOTAL		

A score of 10 or greater indicates a possible sleep disorder. If you scored higher than 10, take this form to your doctor for further investigation.

ESS scores of 11-24 represent increasing levels of excessive daytime sleepiness.

Score Interpretation:

- 0-5 Lower normal daytime sleepiness
- 6-10 Higher normal daytime sleepiness
- 11-12 Mild excessive daytime sleepiness
- 13-15 Moderate excessive daytime sleepiness
- 16-24 Severe excessive daytime sleepiness