



ASSESS YOUR RISK – THE EPWORTH SLEEPINESS SCORE

This score is a way of evaluating how sleepy someone is during the day. It's used internationally by sleep clinics, research groups and sleep physicians.

For each situation listed below, circle a number from zero to three that best reflects how likely you are to fall asleep in that situation. Then add your total score up out of 24.

- 0 = no chance of falling asleep
- 1 = slight chance of falling asleep
- 2 = moderate chance of falling asleep
- 3 = high chance of falling asleep

Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public space	0	1	2	3
As a passenger in a car for an hour	0	1	2	3
Lying down in the afternoon	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 in traffic	0	1	2	3

5+ If your total score was more than five, you have mild sleepiness and may not be getting the proper sleep that you need.

10+ If your score is 10 or more you should seek a referral from your GP to do a sleep study.



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