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Epworth Sleepiness Scale Test

Use this self-test to determine if you are getting enough sleep

According to the National Sleep Foundation, nearly seven out of 10 Americans say they experience frequent sleep problems and a majority of American adults (67 percent) do not get the recommended eight hours of sleep per night.

How tired are you, and how likely are you to doze off at inappropriate times?

Read the following situations and use the scale provided to rate your sleepiness.

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Situation	Chance of Dozing			
Sitting and Reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place	0	1	2	3
As a passenger in a car for one hour without a break	0	1	2	3
Lying down to rest 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, stopped for a few minutes in traffic	0	1	2	3

Total Score _____

If your score is 10 or greater, you are considered sleepy and should see your primary care physician or sleep specialist to discuss your options.