



**MIDWEST SINUS-ALLERGY  
SPECIALISTS**

**3401 Berrywood Drive  
Suite 201  
Columbia, MO 65201**

**James S. Denninghoff, M.D.**

**Direct Office: 573-815-0662  
Office Fax: 573-443-1162  
Toll Free: 877-307-4687**

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling 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.

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

1	Sitting and reading	
2	Watching TV	
3	Sitting inactive in a public place (e.g. a theater or meeting)	
4	As a passenger in a car for an hour without a break	
5	Lying down to rest in the afternoon, when circumstances permit	
6	Sitting and talking to someone	
7	Sitting quietly after a lunch without alcohol	
8	In a car, while stopped for a few minutes in traffic	
	TOTAL	/24

The score obtained by adding the numbers leads to a total:

- 0 – 9            Average score, normal population
- 10 – 24        Sleep specialist advice recommended

Johns MW (1991). "A new method for measuring daytime sleepiness: the Epworth sleepiness scale". *Sleep* **14** (6): 540–5.