

**SLEEP DISORDERS CENTERS**

**Epworth Sleepiness Score**

**How Likely are you to doze off or fall asleep?**

**Use this scale.**

0 – would never doze off

1 – slight chance of dozing

2 – moderate chance of dozing

3 – high chance of dozing

SITUATION	SCORING
Sitting and reading	_____
Watching TV	_____
Sitting inactive (including movie theater)	_____
Passenger in car	_____
Lying down in afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (No alcohol consumed)	_____
In car, while stopped in traffic	_____
<b>TOTAL</b>	_____

Score greater than 9 suggests excessive sleepiness and a possible sleep disorder.

To schedule a sleep study, call **(888) MMH 4 YOU** or (888) 664-4968. For sleep questions or more information, call MMHS' Sleep Disorders Centers at (734) 240-8810.

