

**SOUTH SEMINOLE
PULMONARY CRITICAL CARE**

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The Epworth Sleepiness Scale

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

Situation	Chance of Dozing
Sitting and reading	_____
Watching TV	_____
Sitting, inactive, in a public place	_____
As a passenger in a car for an hour	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
In a car, while stopped for a few minutes in traffic	_____